

# CLASSES

## Art

### Art Group

This ongoing group meets each week to work in all media. New Members welcome

**Palo Duro • Piñon**  
Wednesday, 1:00 – 3:00 pm  
Lessel Lamkin • Materials

### Art Series, Watercolor

Professional artist Ralph Lewis leads class discussion of class members' assigned projects.

**Highland • Room 1**  
Monday, 9:00 – 11:00 am  
Lewis • Materials

### Visiting Artists Series

Experienced and professional artists will volunteer to guide the group in creative activities in many mediums.

**Palo Duro • Cottonwood**  
Tuesday, 1:00 – 3:00 pm

### Artists' Corner

This is a group of artists that gathers to paint in any medium. They gently critique each work and offer constructive criticism. All participants are asked to supply their own materials.

**Manzano Mesa  
Multigenerational Center • Room 3**  
Thursday, 1:00 – 4:00 pm  
JoAnne Kennedy



### The Brilliance of Pastel

This is a pastel painting class for beginning and continuing students. There is no color quite like the brilliance of soft pastels, and they are as archival and permanent as oil paints.

**Manzano Mesa  
Multigenerational Center • Room 3**  
Monday, 2:00 – 4:00 pm  
Sharon Jensen • Register at the front desk and the instructor will call you.

### Colored Pencil Fundamentals

Would you like to create beautiful paintings and drawings using colored pencils? No experience is necessary. Supplies will be discussed in the first class.

**Bear Canyon • Room 5**  
Eight week class, no class October 10  
Friday, September 5 – October 31  
1:00 – 3:00 pm  
Chorn

### Gourd Art

Learn more paint, dye and wax coloring techniques on various shapes of cut gourds. All materials supplied.

**Bear Canyon • Room 5**  
Tuesdays, September 9 – 23,  
2:30 – 5:00 pm  
Tuesdays, October 7 & 14,  
2:30 – 5:00 pm  
Tuesdays, December 2 & 9,  
2:30 – 5:00 pm  
Ann Reilly  
\$35.00 per person payable to instructor

### Gourd Classes

Try your hand at a variety of Gourd Art Classes. Classes are taught in three-week blocks. Classes are for beginners to advanced.

**North Valley**  
Thursday, 10:00 am – 3:00 pm  
\$40.00 includes materials,  
all front desk for dates  
Gina Twofeathers

### Retablos

Based on Hispanic folk art, learn the fine art of making retablos. Newcomers may join at any time.

**North Valley • Room 3**  
Wednesday, 1:00 – 4:00 pm  
Andrade

### Japanese Flower Arranging

This class will teach the beautiful art of Japanese flower arrangement. You will need to provide your own flowers (fresh or silk) and container. Sign-up required.

**Bear Canyon • Room 3**  
Wednesday, 1:30 – 2:30 pm  
(no class in July & August)  
Yoko Comstock

### Necklace or Bracelet Class

Many color choices in crystals, beads and pearls to make one-of-a-kind jewelry for you or a friend. Materials provided.

**Bear Canyon • Room 1**  
Tuesdays, November 18 & 25  
2:30 – 5:00 pm • Ann Reilly  
\$30.00 per person, payable to instructor

### Painting, Acrylic

This on-going class allows participants to share ideas, techniques and inspiration. All skill levels learn from each other. Students supply their own materials.

**Bear Canyon • Room 5**  
Monday, 9:00 am – 12:00 noon  
(no class July 7) Paul Stubbe  
See instructor in class to register.

### Painting, Nature's Beauty Art Class

Discover the beauty of nature painting. All mediums included. No registration required. New students welcome.

**Bear Canyon • Room 6**  
Friday, 9:30 – 11:30 am • Materials  
Shirley Campbell



Painting, Oil

Instruction is given on perspective, composition, form and color mixing and blending. New students are welcome at any time in these ongoing painting classes that are open to all levels.

**Barelas • Room 3**  
Wednesday, 9:00 am – 12:00 noon  
Vargas • Materials

**Bear Canyon • Room 5 & 6**  
Wednesday, 9:00 am – 12:00 noon  
Alice Grundy and Marian Boardl  
Bring Materials

**Los Volcanes • Room 4**  
Monday, 9:00 – 11:30 am  
Vigil • Materials

**North Valley • Room 4**  
Tuesday, 9:00 am – 12:00 noon  
Zamora

Friday, 9:00 am – 12:00 noon  
Wilson, Sanchez • Materials

Adult Watercolor Painting Class

This is a beginning/intermediate class. You will enjoy many different approaches in exploring the watercolor medium, and will produce a new painting each session. There will be still life setups, flower painting, painting from sketches and photographs, and several trips off site to paint on location around Albuquerque.

**Manzano Mesa  
Multigenerational Center • Room 3**  
Saturday, October 18 – November 22  
12:00 noon – 3:00 pm  
Culler

Drawing & Watercolor Painting

Each class includes a brief instructional presentation and two painting projects with one-on-one assistance. Demonstrations and field trips are included. All ability levels are welcome. This is an opportunity for skill review or as an introduction to this challenging medium. Participants must have basic materials and equipment. Those interested may join the class at any time. Class is limited to 20 participants.

**Los Volcanes • Room 4**  
Tuesday, 9:00 – 11:30 am  
Vigil • Materials



Computer

Classes are for PC unless Apple is designated.

Computers at the Centers

Not all computer classes taught are listed in this Activities Catalog. The computer classes taught are heavily dependent on volunteer instructors who have flexible schedules throughout the year. Please call the center of your choice or check out the bulletin board for classes that are taught from time to time, and are not printed here.

Apple Macintosh Day

The Learning Center features various programs of interest for Macintosh users. Topics vary, and are announced in the Bear Canyon Newsletter. In addition, meetings are posted on the bulletin boards. A \$1.00 donation is requested for each meeting.

**Bear Canyon • Room 2**  
3rd Saturday, 9:30 – 11:30 am  
Smith, Reed, Carley

Apple Users Group

As part of Apple Macintosh Day, the Apple Users Group is for the experienced and not so experienced Apple Macintosh users. Meetings will provide an ongoing source of support and problem solving. A \$1.00 donation is requested for each meeting.

**Bear Canyon • Room 2**  
3rd Saturday, 12:30 – 2:30 pm  
Smith, Reed, Carley

Apple Macintosh Workshops

Various workshops and courses will be held periodically on different Macintosh topics. Some may require a small fee. Announcements will be made at the Apple Users Groups and notice will be advertised in the Bear Canyon newsletter and posted on the bulletin board.

**Bear Canyon • Room 2**  
Schedule varies, contact Bob Reed at 292-3805 or Curtis Mueller at 299-8074 for the latest schedules.  
Thursday and/or Friday 2:45 – 4:45 pm

Open Computer Lab

The computer lab is open for students who wish to practice their computer skills or access the web. For those who need one on one assistance with certain tasks, a computer instructor can be in the lab to answer questions or assist you in your endeavors if you make an appointment at least 24 hours in advance.

**Bear Canyon • Room 2**  
Monday, Thursday, Friday, 8:30 – 11:30 am  
Pelletier, Fisher • No registration required

**Manzano Mesa  
Multigenerational Center • Room 1**  
Tuesday, 9:00 am – 12:00 noon  
Wednesday, 9:00 – 11:00 am  
Thursday, 9:00 am – 12:00 noon

**Barelas • Computer Lab**  
Open daily (unless class is scheduled)

**Palo Duro • Cedar Crest Computers**  
Please call the center for schedule  
888-8102 Thompson

**North Valley • Computer Lab**  
Tuesday, 1:00 – 3:00 pm





Bear Canyon Computer Club

The Bear Canyon Club offers general computer topics and help, as well as guest speakers and demonstrations of new products and techniques. Contact Marc LaChey 275-2331 or Email marc.lachey@worldnet.att.net. No sign up necessary.

**Bear Canyon • Room 2**  
1st Thursday, 7:00 – 8:30 pm  
LaChey

Computer Care

**Manzano Mesa  
Multigenerational Center • Room 1**  
  
Check the computer lab bulletin board and the newsletter for dates and times.

Computer Clinic

Bring your computer problems or questions to the Computer Clinic. The instructors will offer assistance, or you can learn through the discussion of other people's problems.

**Highland • Room 6**  
Wednesday, 1:15 – 3:15 pm

**Los Volcanes • Room 1**  
Thursday, 5:00 – 8:00 pm  
Leonard Morin, by appointment

Cool Computer Tips and Sites

**Manzano Mesa  
Multigenerational Center • Room 1**  
Check the computer lab bulletin board or newsletter for dates and times.  
Gail Kemp

PC Problem Solving

Novice and experienced users take part in the discussion of IBM PC hardware, software, experience what's new, help and shareware. This on going class does not require registration. New members are welcome at anytime.

**Bear Canyon • Room 1**  
Monday, 1:00 – 2:30 pm  
Martha Mihalopoulous

Keyboard

Two-hour introduction to lab's hardware (start-up, shutdown), operating system (XP), and basic keyboard skills. Mastery of this skill is a prerequisite for a higher level computer classes. Learn details about the keyboard

**Palo Duro • Cedar Crest**  
Wednesday, 9:30 – 11:30 am  
Free, 1 class

Check bulletin board for date  
Bill Thompson  
Class limit: 10

Mouse

Two-hour introduction to lab's hardware (start-up, shutdown), operating system (XP), and basic keyboard skills. Mastery of this skill is a prerequisite for a higher level computer classes. How to master the mouse.

**Palo Duro • Cedar Crest**  
Wednesday, 9:30 – 11:30 am  
Free, 1 class  
Check bulletin board for date  
Bill Thompson  
Class limit: 10

Beginner Computer

This is an introduction to basic computer functions and will help students become familiar with the monitor, keyboard and mouse. The functions of Windows that will be addressed include: creating documents, pictures, viewing files, working with files, customizing windows programs, task bar, control panel, file management, accessories and more.

**Barelas**  
August 15 & 16, 22 & 23  
1:00 – 3:00 pm  
Ronnie Sklarin, \$10.00

**North Valley**  
Monday & Wednesday,  
July 14, 16, 22, & 24, 9:30 –11:30 am  
Ronnie Sklarin, \$20.00

**Palo Duro • Cedar Crest**  
Wednesday: August 6, 20, 27  
& September 3, 6:00 – 8:00 pm  
\$30.00 – 4 weeks  
Ronnie Sklarin, pay cash to teacher at first session. Class limit: 10

EXCEL Beginner's Spreadsheet Classes

This course will cover files, folders, formats, formulas, flash drives, toolbars and tools, as well as calendars, data base, financial charts, sales chars, vacation lists, hiking lists, flower lists and sport charts. Pre-requisites are: previous computer experience, good keyboard and mouse skills. NO laptops.

**Bear Canyon • Room 2**  
Mondays, September 15 – October 20  
Ken Bruno  
\$21.00 per person, includes cost of CD.  
Pay instructor at the first class.

Intermediate Computers

Control your computer and reduce some of the frustration. We will cover a patchwork of computer hints, tricks, tips and good information. Learn concepts (what's possible) and action (how to do it) in many different areas, including customization so your computer works well with you. Bring your questions and frustrations. Each student receives a manual as part of the course. Mouse and keyboard skills required.

**North Valley**  
Mondays and Wednesdays,  
October 6, 8, 13, and 15  
2:00 pm – 4:00 pm  
Ronnie Sklarin, \$20.00  
or

**North Valley**  
Tuesdays, October 28,  
November 4, 18, and 25  
6:00 pm – 8:00 pm  
Ronnie Sklarin, \$20.00

**Barelas**  
Saturday, October 4–25  
9:30 – 11:30 am  
Ronnie Sklarin, \$10.00



Windows 1

This is an introduction to basic computer functions and will help you become familiar with the monitor, keyboard and mouse. The functions of Windows: creating documents, pictures, viewing files, working with files, customizing windows programs, task bar, control panel, file management, accessories and much more. 3 1/2" diskette or CD and folder will be provided,

**Palo Duro • Cedar Crest**  
Wednesday, 9:30 – 11:30 am  
\$24.00 for 8-week course  
\$14.00 workbook  
Must be pre-paid in the Cedar Crest Computer Room at the Tuesday, Wednesday or Friday morning class.  
Check bulletin board for date.  
Mary Phelan & Bill Thompson  
Class limit: 10

Word 1

Learn how to create documents, edit text, use the spell checker, copy, move and paste text, set margins, change fonts, select text, save and print ... skills necessary to use Word, the most popular word processing program in the world. Each student receives a manual as part of the course. Mouse and keyboard skills required.

**North Valley**  
Monday & Wednesdays,  
December 1, 3, 8, & 10, 1:00 – 3:00 pm  
Ronnie Sklarin, \$20.00

Word Processing 1

Start at the beginning – learn how to open the program, use the title and menu bars, create, edit and save documents, copy, cut and paste text, use spell check, open an existing document, change the way your text looks (fonts, floor, bold, italics, underline, zoom, alignment), print the document and more. Familiarity with Windows and the mouse recommended.

**Palo Duro • Cedar Crest**  
Saturday, 9:30 – 11:30 am  
Ronnie Sklarin, \$30.00 for 4 week session, pay cash to instructor at first class  
Check the bulletin board for exact dates.  
Class limit: 10

Google

Google can enrich your life! OK, that may be a slight exaggeration, but it can do a lot. It's the gold standard in the world of search engines, but that is just the tip of the iceberg. It also has free Gmail as well as the free photo program Picasa. It allows you to view the world through satellite images from space in Google Earth. Make Google your homepage and fill it with all sorts of "gadgets" of your choice—News updates, Calendar, To Do Lists, Movie Times, You Tube Videos, Weather and much much more.

**Manzano Mesa**  
**Multigenerational Center • Room 1**  
Check the computer lab bulletin board for dates and times.  
Gail Kemp

Enjoying the Internet

Learn about the Internet; steps to avoid viruses and how to find nearly anything you need to know. Learn how to shop safely and what to look for before giving out your credit card information. Explore both serious and fun websites from the Mayo clinic website for up-to-date medical information to fun game sites. We'll also discuss different way/costs to access the internet from home so you can make educated decisions.

**North Valley**  
Mondays and Wednesdays,  
August 18, 20, 25, & 27, 2:00 – 4:00 pm  
Ronnie Sklarin, \$20.00

or  
**North Valley**  
Tuesdays, September 2, 9, 16, & 23  
6:00 – 8:00 pm  
Ronnie Sklarin, \$30.00

**Barelas**  
Thursday & Friday, September 18 & 19,  
25 & 26, 1:00 – 3:00 pm  
Ronnie Sklarin, \$10.00

**Manzano Mesa**  
**Multigenerational Center • Room 1**  
Please check computer lab bulletin board for dates and times.

**Palo Duro • Cedar Crest**  
Wednesday, October 1 – 29  
6:00 – 8:00 pm  
Ronnie Sklarin, \$30.00 payable to instructor at first lesson  
Class limit: 10

Internet Users Group

Each meeting has a presentation on a selected subject relating to internet usage and is followed by a Q&A period.

**Bear Canyon • Room 2**  
4th Thursday, 7:00 – 9:00 pm  
(no meeting in November & December)  
Rod Gwyn, No sign up required

E-Mail

We'll set you up with a free email address at Yahoo so you can send and receive email from any computer in the world that has Internet. In order to do email, you don't even need to own a computer; there are public computers (our libraries, for instance) in many locations in Albuquerque where you can sign on to get your email. Learn how to send/receive email, how to send/receive attachments and photos, among other things. Email is a fun, convenient way to stay in touch with people down the street and across the globe. Previous experience on a computer is recommended. Please come to the first class with an email name and password that you'd like to have.

**North Valley**  
Monday & Wednesday,  
November 3, 5, 10, & 12  
9:30 – 11:30 am  
Ronnie Sklarin, \$20.00

**Barelas**  
Saturday, November 1 – 21  
10:00 am – 12:00 noon  
Ronnie Sklarin, \$10.00 per person



G-Mail

G-mail is used like any other e-mail program sending text messages. Picture sending process is done without a web browser. Send up to 10 MB if photos, preview your photos before sending them, send text as well as photos with your G-Mail account in Picasa. G-Mail is also Free!!

**Manzano Mesa**  
**Multigenerational Center • Room 1**  
Please check the computer lab bulletin board and the center newsletter for dates and times.  
Gail Kemp

Blogging 101

Follow a step-by-step approach to starting your own blog, a type of online journal that allows you to easily share your thoughts, artwork, hobbies, photography, and more via the Web. Begin by looking at the different types of blogs and services available; open a free blogging account for yourself; then work on adding your own writing and/or artwork. Even if you already have a website, you might want to consider adding a blog – they make updates to your site simple, and search engines love them! No special expertise beyond a basic familiarity with surfing the Web is needed.

**North Valley**  
Tuesday, July 1, 8, & 15  
6:00 – 8:00 pm  
Lisa Tannenbaum, \$45.00 per person  
(three 2-hour classes)

Ebay

Learn the basics of buying and selling on the largest auction site on the web. Upload your photo of your items for sale to the highest bidder or for a Buy it Now price. Join the fun like thousands already on line.

**Manzano Mesa**  
**Multigenerational Center • Room 1**  
Check the computer lab bulletin board for dates and times • Gail Kemp

Genealogy Club

Learn to research your family history using internet sources, including tools and references on how to get started. Also learn how to organize the information in a program such as *Family Tree Maker*. No registration required.

**Bear Canyon • Room 2**  
3rd Friday, 12:30 – 2:30 pm  
LeChey, Page, Holub

Introduction to Building Your Own Website

Make a web page with *Kompozer*, a free program available online. Make more pages and create links to them. Wrap up by uploading your website to a web server—and voilà! your new website will be live and online! Note: Space on a server isn't included—but if you have internet access, you also have web space—and we'll help you figure out how to find it. Basic Windows skills suggested.

**North Valley**  
Tuesday, July 22, 29, August 12, & 19  
6:00 – 8:00 pm  
Lisa Tannenbaum, \$65.00 per person  
(four 2-hour classes)

Creating and Designing Web Pages

This basic hands-on course is for those who would like to create simple web pages for personal use and private distribution such as a family album or a photo essay of a recent trip. Page can also be prepared for the WWW. We'll use Hypertext Mark Up Language (HTML) and Cascading Style sheets (CSS) codes to create our pages. We'll learn how to tell the browser what content you want on your web pages, and how to display that content. We'll follow the KISS principle (keep it simple stupid) and stay pretty much with styling text, adding images, links, lists and working with colors during the first set of lessons and add enhancements during the second set of lessons.

Prerequisites: An abundant amount of curiosity about how web pages are created. Very good keyboard, mouse and Windows skills are necessary. A high level of comfort for excruciating detail, lousy logic, inconsistencies and frustration. A playful attitude is essential.

Supplies: Bring a portable storage device to use in class and at home. (Floppy disc, CD or Thumb drive.)

**Palo Duro • Cedar Crest**  
Tuesdays & Thursdays: 1:00 – 3:00 pm  
September 2, 4, 9, 11, 16 & 18  
October 7, 9, 14, 16, 21 & 23  
Jim Genasci, \$18.00 for 6 weeks  
Class limit: 6

Introduction to Websites for Artists and Small Businesses

If you're thinking about a website for your small business and/or artwork, this is where you start. Learn how to register a domain name and host it; and find out how to get people to visit your website, using Search Engine Optimization and/or paid advertising. Consider how best to structure your website, and think about whether—and how—you might want to sell merchandise online. Whether you plan to build your own website or have someone build it for you, this class will get you going in the right direction.

**North Valley**  
Tuesday, July 29, August 12, & 19  
3:00 pm – 5:00 pm  
Lisa Tannenbaum, \$45.00  
(three 2-hour classes)

Excel 2003—Beginner's Spreadsheet

This course will cover files, folders, formats, formulas, flash drives, toolbars & tools. You will learn how to do calendars, database, financial charts, sales charts, vacation lists, hiking lists, flower lists and a sport chart.

**Palo Duro • Cedar Crest**  
Monday, June 23 – July 28  
1:00 – 3:00 pm  
Ken Bruno, \$21.00 CD will be provided  
Class limit: 10





### Microsoft Word 2007

Students must have access to a home computer and have good mouse and keyboard skills.

#### Manzano Mesa

**Multigenerational Center • Room 1**  
Check the computer lab bulletin board or newsletter for times and dates.

### Digital Photography for Artists and Art Shows

With a digital point-and-shoot camera, a little space in the shade, and Photoshop Elements (\$100 software), anyone can take photos of his/her artwork and prepare them for submission to art shows. Learn tips and tricks; download your photos, then learn how to use Photoshop Elements to resize them to each show's exact specifications. Bring your camera and an unframed piece of art to the first class and we'll get started!

#### North Valley

Tuesday, July 1, 8, & 15, 3:00 – 5:00 pm  
Lisa Tannenbaum, \$45.00 per person  
(three 2-hour classes)

### Digital Camera Users Group

This all levels, informal group meets with a common interest in all aspects of digital photography. This group has evolved from digital cameras to include a full range of digital photography. Discussions include, but are not limited to, cameras and their operation, photographic techniques, new developments etc. The class is good for digital camera users, from potential buyers to advanced shooters.

#### Bear Canyon • Room 2

2nd & 4th Thursday, 10:00 – 11:30 am  
Elosua, no dues

### Foto Fun

Learn to understand photo graphics. Improve scanned and camera photos by cropping, correcting exposure and color. Add titles, drawings, clip art, frame and clone. E-mail digital photos, insert in letters, calendars, genealogy records, photobooks and greeting cards. Make digital slide shows with a musical background.

#### Palo Duro • Cedar Crest

Thursday, September & October  
1:00 – 3:00 pm  
Check bulletin board for exact dates  
Bill & Margaret Atkins  
Class limit: 10

### Multi-Media Group

This special interest group meets to see demonstrations and discuss various aspects of the use of the computers in the creation, editing, acquisition, saving, compression and conversion of digital photos, video and audio files. New members welcome. There are no fees or sign ups needed to participate.

#### Bear Canyon • Room 2

2nd Thursday, 7:00 – 9:00 pm



### Picasa, Digital Photo Organizing and Editing Program

This free award-winning program locates all photos on your computer and organizes your digital photos by date. With easy-to-use editing tools, you can e-mail photos by using your G-mail account and print poster size images. This is a very user friendly program.

#### Manzano Mesa

**Multigenerational Center • Room 1**  
Check the bulletin board for dates and times

### EZ Creative Designs Print Artist 1, Beginners Class

Learn to make personalized greeting cards, signs, brochures, certificates, name tags, business cards, calendars, bookmarks and more. 3 ½" diskette and folder will be provided. Mouse & keyboard skills required.

#### Palo Duro • Cedar Crest

Tuesday September 2 – October 21  
9:30 – 11:30 am  
Chris Farmer & Frank Love, \$24.00  
Class limit: 10

### EZ Creative Designs— Print Artist II Intermediate

You will make 2-sided bookmarks, greeting cards, cutout cards, design calling cards, labels, posters, T-shirts and more.

Prerequisite: Print Artist 1  
Please bring a 3 ½" diskette

#### Palo Duro • Cedar Crest

Tuesday, September 8 – October 27  
1:00 – 3:00 pm  
Esther Hinkes, \$24.00 • Class limit: 6

### EZ Creative Designs— Print Artist Refresher

We'll jazz up work with glitter, embossing, special effects, etc. JUST LIKE HALL-MARK! Bring your suggestions and ideas.

Reunion for former Print Artist Students. Please bring a 3 ½" diskette or flash drive

#### Palo Duro • Cedar Crest

Tuesday, 1:00 – 3:00 pm  
Check bulletin board for exact dates  
Esther Hinkes, Class limit: 6

### Computer Generated Graphics Art

A computer graphics club is forming. Interested? An experienced art instructor will present the "How To's of: Layout and arrangement; Font selection and compatibility; Working with colors, Working with clip art; Working with photo art

The first hour will be instructional, the second: supervised practice and/or help with projects. The "Paint & Draw" plus program will be used. Dependant upon interest, a more sophisticated program may be presented. Prerequisites: Basic computer skills and an at-home system.

#### Palo Duro

Cedar Crest Computer Room

Friday, July 11, 18 & 25

9:30 am – 1:30 pm

See bulletin board for classes to follow  
\$25.00 session fee, payable at first class  
Lex Parrish • Class limit: 10



StoryBook Creator Software for Digital Albums, 3 Sessions

Capture your memories with a computer and a click!! From “pics to proud” in 3 steps, StoryBook Creator is a free tool for creating a professionally printed, hardbound photo book. Import photos and then drop them into your choice of page templates. Download themes from hundreds of page templates.

**Palo Duro • Cedar Crest**  
Monday, July 14 – 28, 9:30 – 11:30 am  
Wednesday, July 16 – 30, 6:00 – 8:00 pm  
Friday, September 12 – 26, 9:30 – 11:30 am  
Saturday, November 1 – 15, 9:30 – 11:30 am  
Monday, November 3 – 17, 9:30 – 11:30 am  
Wednesday, November 5 – 19, 6:00 – 8:00 pm  
1st class is introduction, 2nd & 3rd class \$6.00 payable to instructor at 2nd session. Purchase of album is optional.  
Requirements for 2nd class, 2G thumb drive/memory stick with 50–150 pictures & some computer knowledge.  
Charlene Greenwood,  
Creative Memories Consultant

Windows XP – Level 1

This course is for new beginner pc users who have not used a computer before or who want to learn some basics they missed. Learn how to use a mouse and the keyboard, Learn Solitaire, calculator and paint programs, Word pad with word processor basic functions and introduction to cut and paste. Learn various basic computer terms and concepts including files and folders: how to save files, how to make folders, how to find saved files.

**Manzano Mesa**  
**Multigenerational Center • Room 1**  
Check bulletin board for dates and times  
E.J. Sherry

Windows XP – Level II

This class is the next step after Windows XP Level 1.

**Manzano Mesa**  
**Multigenerational Center**  
Check computer lab bulletin board for dates and times

Intermediate Computer and Internet

For students who have taken both Beginners Level 1 and Level II or with instructor permission. It is for the more advanced student.

**Manzano Mesa**  
**Multigenerational Center • Room 1**  
Check the computer bulletin board for dates and times.

Windows VISTA Basics

For new laptop owners. YOU MUST BRING YOUR OWN LAPTOP TO CLASS.

This class is for people with little or no computer experience in another windows operating system, such as XP. This is your first computer. Handouts will be provided.

**Palo Duro**  
Friday, July 11 – 25, 12:30 – 3:00 pm  
Mary Ellen Sandoval, \$30.00  
Class limit: 6

Windows Users Special Interest Group (SIG)

The purpose of the Windows Special Interest Group is to gain knowledge and experience in Windows operating systems and application software using Windows XP 2000 and Vista. We maintain a Yahoo Group website at Groups.Yahoo.com.Membership in the New Mexico Computer Society is required to access this Yahoo Group.

**Bear Canyon • Room 2**  
3rd Thursday, 7:00 – 8:45 pm  
Ronnie Sklarin, \$15.00

French for Fun (on the computer)

Learn beginning French at your own pace, using the Internet and a live instructor. We will meet in the computer lab. You may practice in between classes in the computer lab (open lab hours) or at home (broadband Internet required). See instructor for other required items.

**Palo Duro • Cedar Crest**  
Monday, September 8 – October 13  
11:00 am – 12:00 noon  
Ron Goldsmith, Class limit: 10

See Languages (PAGE 124)  
for more French Classes

Crafts

Arts & Crafts

Many crafts are featured, including embroidery, crocheting, counted cross-stitch, knitting, needlecrafts and more. Bring your ideas, crafts and patterns to share with others.

**North Valley • Room 3**  
Wednesday, 9:00 am – 1:00 pm  
Keim • Materials

Basic Crafts

This class is for beginners who want to learn and for the experienced who want to share. Many crafts are featured including embroidery, crocheting, counted cross-stitch, knitting, needlecraft and more. Bring your ideas, crafts and patterns to share with others.

**Los Volcanes • Room 2**  
Wednesday, 9:00 am – 12:00 noon  
DeVan, Materials

Basket Weaving

Join us and learn how to weave reeds and ribs to create your own basket. Beginners must start with the ever-popular beautiful egg basket. These baskets are sometimes called rump baskets because they were often carried behind a rider on a horse and conformed to the shape of the horse. Once you have mastered the art of weaving you are free to choose your favorite basket including market, oval, potato, or wall baskets.

**Los Volcanes • Room 4**  
Thursday, 9:00 am – 12:00 noon  
Hummel, \$10.00 plus the cost of weaving supplies, probably less than \$15.00.





Bead Accessories

Great gift ideas using larger beads, wire and thread. Many choices: angels, earrings, leather cuffs and book marks. All materials supplied.

**Bear Canyon • Room 3**  
Thursday, September 11 & 18  
6:30 – 9:00 pm, Ann Reilly  
\$30.00 per person, payable to instructor

Bead Embroidery

Learn how to sew beads to a fabric base using regular needles and thread. You will make either a bracelet or pendant. No time beads unless you choose to use them! Many other uses for this great technique Lots of color choices. All materials supplied.

**Bear Canyon**  
Room 3  
Thursday, July 17, 24 & 31, 6:30 – 9:00 pm  
Ann Reilly, \$35.00 per person, payable to instructor

Room 1  
Tuesday, August 5, 12 & 19  
2:30 – 5:00 pm, Ann Reilly, \$35.00 per person, payable to instructor

Beaded Necklace and Earrings

Learn how to string a necklace and make earrings using crystals, beads and pearls in a variety of sizes and colors. Materials supplied.

**Bear Canyon • Room 1**  
Tuesday, July 8 & 15, 2:30 – 5:00 pm  
Ann Reilly  
\$30.00 per person, payable to instructor

Beading/Jewelry Class

Learn to make beautiful patterns for lovely jewelry and gifts. Get started early for the “gift giving” season. Make earrings, bracelets, necklaces and other items.

**Manzano Mesa**  
**Multigenerational Center • Room 3**  
Wednesday, 9:00 – 11:00 am, Jacobson

Bracelet and Earrings

You’ll learn how to string a one or two strand bracelet using crystals, beads and pearls in a variety of sizes and colors. All materials supplied.

**Bear Canyon • Room 1**  
Thursday, August 7 & 14  
6:30 – 9:00 pm  
Ann Reilly  
\$25.00 per person, payable to instructor



Ceramics

Students will learn all aspects of ceramics, starting with care and use of molds, pouring items, preparing items for firing, glazing, over-glazing and/or staining, decorating, decals, etc. Registration required.

**Barelas • Ceramics Room**  
Monday, Tuesday, Wednesday & Friday,  
9:00 am – 2:00 pm  
Virgie, Garcia • Materials

**Bear Canyon • Room 4**  
Monday, 9:00 am – 12:00 noon  
Feikje Scott • Materials  
(no class in July & August)

**Highland • Room 2**  
Tuesday, 9:00 am – 12:00 noon  
Ellis • Materials

**Los Volcanes • Room 4**  
Friday, 8:00 am – 11:30 pm  
Baca • Materials

**Palo Duro • Piñon**  
Monday, 8:00 am – 12:00 noon  
or Thursday, 9:00 am – 12:00 noon  
Ed Godlewski  
Materials

**North Valley • Room 4**  
Tuesday, Wednesday,  
12:00 noon – 5:00 pm  
3rd Wednesday, 1:00 – 5:00 pm  
Materials

Crocheting

Join our fun-loving group for a lot of shared experiences, socializing and learning new techniques for crocheting. Let’s not forget “Project Linus,” a project where crocheted quilts and blankets are donated to traumatized and seriously ill children in our own community. “Come hook up with us!”

**Barelas • Rooms 2 & 3**  
Tuesday & Friday, 9:00 am – 3:00 pm

**Bear Canyon • Room 6**  
Monday, 10:00 am – 12:00 noon  
Steidl • Materials

**Los Volcanes • Room 1**  
Monday, 1:00 – 4:00 pm  
McNabb

**North Valley • Room 3**  
Wednesday, 9:00 am – 4:00 pm  
Friday, 9:00 am – 1:00 pm  
Paquin • Materials

**Palo Duro • Cottonwood**  
Wednesday, 1:00 – 3:00 pm  
Frankenfield - O’Neil  
Materials

Happy Hookers Crochet Club

This is an informal group of crotcheter (and occasionally a knitter) working on individual projects. This group will share ideas and grow together. Any age or experience level is welcome.

**Manzano Mesa Multigenerational Center • Main Hallway**  
Monday, 1:00 – 3:00 pm  
Sharon Martin





Fused Glass Jewelry

Join us and learn the art of “fusing” glass in a kiln. Create beautiful jewelry easily by stacking colored layers of glass together to create unique patterns and shapes. We will begin by having three afternoon sessions to learn the basics (Call Highland for dates and times.) The kiln & coaching will continue to be available during the open studio sessions.

**Highland • Room 1**  
Open Studio Sessions  
Wednesday, 9:00 am – 12:00 noon and  
Friday, 9:00 am – 12:00 noon  
Call center for next training session.

Get It Done!

The group is like a modern day quilting bee. Participants chat while they “get done” those numerous projects that everyone has: updating an address book, finishing a crochet project, sorting pictures, organizing a box of papers, assembling recipes or whatever else you need to get done.

**Palo Duro • Piñon**  
Friday, 1:00 – 3:00 pm



Knitting

Beginners to advanced are welcome in the class. Beginners are taught the basics of knitting and techniques for creating sweaters, afghans, baby blankets, etc. Some of the groups also knit for charitable organizations such as Project Linus, where blankets are knitted for traumatized children in our community.

**Barelas • Room 3**  
Tuesday & Friday, 9:00 am – 3:00 pm

**Bear Canyon • Room 6**  
Monday, 10:00 am – 12:00 noon  
Steidl

**Manzano Mesa  
Multigenerational Center • Room 3**  
Friday, 1:00 – 3:00 pm  
Erika Engdahl

**North Valley • Room 3**  
Friday, 9:00 am – 1:00 pm  
Paquin • Materials

Lapidary

Lapidary is the art of working, forming and finishing stone, mineral, gemstones, and other suitably durable materials into functional and/or decorative, even wearable items. Most lapidary work is accomplished using motorized equipment and resin or metal bonded diamond tooling in successively decreasing particle sizes until a polish is achieved.

**Highland • Room 1**  
Friday, 8:00 am – 12:00 noon  
Materials

**Palo Duro • Juniper**  
Thursday, 8:00 am – 12:00 noon

Leather Craft

Learn the art of hand tooled leather crafting. Students make wallets, purses, belts and key fobs. New students are welcome. Students must buy leather and some tools are provided.

**Bear Canyon • Room 3**  
Thursday, 12:00 noon – 2:00 pm  
Ray Kranze

**Palo Duro • Aspen**  
Tuesday, 12:00 noon – 2:00 pm  
Scott, Love • Materials  
No classes July or August

Mat Cutting

This ongoing workshop of small groups will teach the use and techniques of cutting mats for displaying artwork. Registration at the front desk is required.

**Highland • Room 2**  
Monday, 11:00 am by appointment  
Palace • Materials

Metal Casting

Do you want to make unique objects of art such as rings and charms? Do you want to express yourself by creating something from your own ideas and casting in silver? This class will show you the basic skills and methods that have been successfully used by many people who have never before tried metal casting. This process is not difficult to learn, and once you know how, you are only limited by your imagination.

**Palo Duro • Juniper**  
Tuesday, 9:00 – 11:30 am  
Shepherd

Open Crafts/Tile Painting

This is an open workshop where you can come in and work on different arts and crafts projects. The participants will share ideas, meet new people, and/or work on existing crafts from other classes.

**Manzano Mesa  
Multigenerational Center • Room 3**  
Monday, 9:00 am – 2:00 pm  
Lawanda Strong

Porcelain Doll Making

Learn this art while making your own doll.

**Los Volcanes • Room 4**  
Wednesday, 1:00 – 3:00 pm  
Maness • Materials are not included

Pottery, Introduction

Learn techniques to make pinch pots, work with coils and slabs, use the potter’s wheel, and sculpture fundamentals. Students with experience are also welcome.

**Barelas • Room 4**  
Thursday & Saturday  
9:00 am – 12:00 noon  
Fees for materials • Marilu Tejero

**Bear Canyon • Room 4**  
Thursday, 9:00 – 11:30 am  
(see instructor to get on list)  
Fee for materials • Christine Evans



Pottery

The class is for advanced and intermediate pottery students only. Learn the latest pottery techniques. New students are welcome.

**Manzano Mesa**  
**Multigenerational Center** • Room 3  
Thursday, 9:00 am – 1:00 pm  
Lea Jones

**Palo Duro** • Piñon  
Friday, 9:00 am – 12:00 noon  
Marilu Tejero • Materials

**North Valley** • Room 4  
Monday, 9:00 am – 12:00 noon  
Evans • Materials  
This class is for all levels.

**Los Volcanes** • Room 4  
Wednesday, 9:00 am - 12:00 noon  
Evans • Materials

Pottery Intermediate/Advanced

This class is for those who have previous experience and/or have completed the beginner class. See instructor for enrollment information.

**Bear Canyon** • Room 4  
Wednesday, 1:00 – 4:45 pm  
Evans

**Highland**  
Monday, 1:00 – 4:00 pm  
Evans

Pottery Self Directed

The lab is for advanced and intermediate pottery students only.

**Palo Duro** • Piñon  
Wednesday, 8:00 – 11:30 am  
Self-directed • Materials

**Bear Canyon** • Room 4  
Friday, 12:30 – 4:30 pm  
Self-directed • Materials

**Los Volcanes** • Room 4  
Thursday, 1:00 – 4:00 pm  
Self-directed • Materials

Pottery/Tile Painting

This studio will be available for students to work on their pottery and tile pieces, at their own pace. There is no instructor for this class.

**Manzano Mesa**  
**Multigenerational Center** • Room 3  
Tuesday, 9:00 am – 1:00 pm  
Kathy Henning, Lawanda Strong

Intermediate Silversmithing

This is a course that follows the Introduction to Silversmithing class. The student will be able to design and construct their own projects with guidance (if needed) from the instructor. Materials are not included in the fee.

**Palo Duro** • Juniper  
Wednesday, 9:00 – 11:00 am  
(dates to be arranged with the students)  
\$30.00 per person, Weisman

Quilting— Hand for Experienced Stitchers

This is a group of experienced hand quilters who work on each other's quilts to completion. Names are placed on a list and as each name comes up, that person's quilt is worked on. Many hands make for lighter work, and the socialization is priceless. Each year they donate their efforts to hand stitch a quilt to be raffled off to benefit Bear Canyon.

**Bear Canyon** • Room 5 (& 6 when avail.)  
Tuesday, 8:30 am – 12:00 noon  
Ann Pitcher



Quilting

Novice and experienced quilters are welcome to join this hand quilting activity. The quilters are passionate about preserving this truly American hand art. The quilters also make a quilt that is raffled annually for their center. Friendship and fellowship are some of the many benefits that accompany quilting.

**Highland** • Room 7  
Monday, 8:00 am – 12:00 noon  
Tuesday, 8:00 am – 12:00 noon

**North Valley** • Room 3  
Monday, 8:00 am – 2:00 pm  
Sunday, 1:00 - 4:00 pm  
Trujillo • Materials

**Palo Duro** • Cottonwood  
Tuesday, 8:00 am – 12:00 noon  
Narasonia Stotz and Wanda Stanton  
Saturday, 9:00 am – 2:00 pm  
Rostel, Dixon

**Los Volcanes** • Room 2  
Thursday, 9:00 am – 12:00 noon

Quilters Group

Join this quilters group that meets monthly.

**Bear Canyon** • Room 5  
3rd Saturday, 9:00 am – 12:00 noon  
Pitcher

Quilting— Community Service

Simple quilts are made and donated to the children at All Faiths Receiving Home & Birth Right. New members and donations of batting, thread and yarn are always welcome.

**Highland** • Room 3  
Monday, 9:00 – 11:00 am

**Los Volcanes** • Room 2  
Thursday, 9:00 am – 1:30 pm  
Santillanes • Materials





## Quilting, Punch

Punch Quilting is a simple “no sew” way to create fabric pictures and wall hangings. Simply score your design on foam board, cut shapes from batting and fabric, and punch the edges of fabric into the foam board for a three-dimensional look to your picture.

**Manzano Mesa**  
**Multigenerational Center • Room 3**  
 Tuesday, 1:00 – 3:00 pm  
 Barbara Knight

## Retablos

Based on Hispanic folk art, learn the fine art of making Retablos. New students may join at any time.

**Barelas • Rooms 2 and 3**  
 Tuesday, 9:00 am – 12:00 noon  
 George Salazar • Materials

## Rosemaling

Join this class to learn the creative art of Rosemaling, the beautiful folk art of Norway. Learn to decorate accessories you already have in your home, or wooden ware that you purchase specifically for a chosen project. Patterns and supplies are shared with beginners. Visit the class to get oriented and started.

**Bear Canyon • Room 5**  
 Friday, 9:30 – 11:30 am • Faith Welter  
 (no class January 4, 2008)

## Scrapbooking Paper Albums—Great Gift Idea

Paper Album Scrapbooking Kits contain all the ingredients for a mini album—with no cutting required. The pages come pre-designed, with accents made to look like you’ve placed them there yourself. It makes a great gift just as it is, or quickly assembles with photos using the coordinated, pre-cut decorative accessories. Everything is provided to create a beautifully accessorized album during class. There is a variety of kit designs to choose from. No experience needed.

**Palo Duro • Ponderosa Room**  
 Wednesday, July 23  
 OR September 12 (1 session)  
 1:00 pm – 4:00 pm  
 Please sign up at the front desk.  
 Charlene Greenwood,  
 Creative Memories Consultant  
 \$17.50 per kit, Bring 6–18 pictures per kit



## Scrapbooking Quickly—“Finished in 5”

Are you feeling like you will never catch up with your photos? You are not alone... You're invited to “Finished in 5” scrapbooking your photos with

A GREAT SYSTEM to complete meaningful albums in just FIVE 3 hour sessions! It is best to start this system with fairly recent photos of an event such as a trip, reunion, wedding, graduation, etc. You will learn about “Power Organization” and “Power Layout” and products to make scrapbooking faster. Great for beginners or experienced scrapbookers who want to finish quickly.

Session 1: Power Organization —  
 bring 150 – 300 photos & memorabilia

Session 2: Crop till you drop  
 (speed tools provided)

Session 3: Power Layout

Session 4: Adhering pictures &  
 enhancements & brief journaling

Session 5: Journaling & enhancements  
 & success,—FINISHED

**Palo Duro • Aspen**  
 Wednesdays, July 9 – Aug 6 OR  
 Sept 3 – Oct 1, 9:00 am – 12:00 noon  
 Required supplies: \$28.00 for Mini Power  
 Sort Box & Power layout Guides  
 albums & supplies also available for  
 purchase (cutting tools & pens will  
 be provided for your use) Please sign  
 up at the front desk.  
 Charlene Greenwood, Creative  
 Memories Consultant

## Silversmithing

This is a course for students with a basic knowledge of jewelry making. Topics covered will include techniques in setting stones and repairing silver jewelry, the design and construction of various types of jewelry pieces; earrings, bracelets, etc.

**Highland • Room 1**  
 Wednesday, 9:00 – 11:00 am  
 Friday, 9:00 – 11:00 am  
 Materials

**Palo Duro • Juniper**  
 Monday, 9:00 am – 12:00 noon  
 Smith • Materials

## Stained Glass

Learn the fine art of stained glass making. Under the instructor’s supervision, you will learn how to cut glass, grind and copper foil glass, assemble, solder and complete projects. No classes in July or August.

**Los Volcanes • Room 4**  
 Friday, 1:00 – 4:00 pm  
 Garcia • Materials

**Palo Duro • Cottonwood**  
 Friday, 9:00 – 11:30 am • Alpert

## Tile Class, Beginning

This class will let you begin and create various art works on pieces of tile. All levels of skill are welcome. See instructor for materials information

**Manzano Mesa**  
**Multigenerational Center • Room 3**  
 Friday, 8:30 am – 12:30 pm  
 Lawanda Strong





Tuesday Angels

This group of ladies makes pillows, quilts, stuffed toys and lap robes which are donated to community organizations that serve those in need. New helpers are always welcome.

Palo Duro • Aspen  
Tuesday, 8:30 – 11:30 am • Thompson

Swedish Weaving

What’s old is new again. Swedish Weaving is an art of weaving yarns through a counted cloth, called Monk’s Cloth. Make throws, pillows, table runners, wall hangings, and more.

Los Volcanes • Room 2  
Tuesday, 12:00 noon – 2:30 pm  
Brunyansky • Materials

Tin Working Workshop

Tinsmith, Jason Younis y Delgado will teach a four-week workshop in traditional Spanish Colonial Tinwork. Make items such as candleholders, ornaments and napkin holders. All levels welcome. Class limited to ten.

Palo Duro • Piñon Room  
Saturdays, September 6 – 27  
10:00 am – 12:00 noon  
\$55.00 person, payable at 1st class.  
Covers instruction and materials

Bear Canyon • Room 3  
Saturdays, September 6 – 27,  
1:30 – 3:00 pm • \$55.00 per person,  
payable to instructor at time of registration for classes. (Check or money order.)

Woodcarving

Women and men of all skill levels enjoy woodcarving in this ongoing class.

Bear Canyon • Room 4  
Friday, 8:00 am – 12:00 noon  
Richard F. Cobb • Materials

Los Volcanes • Room 10  
Tuesday, 9:00 – 11:00 am  
Richey, Upson & Lovato • Materials  
or  
Wednesday, 1:00 – 3:00 pm  
Mike Michaels • Materials

Manzano Mesa Multigenerational Center • Room 3  
Wednesday, 8:00 – 11:00 am  
Ralph Manchego

Woodworking Workshop

This workshop is designed to teach the basics of woodworking, in addition to the basic safety and the operation of power tools.

North Valley • Room 3  
Thursday, 9:00 – 11:00 am  
Vigil • Materials



Fitness

This Activities Catalog has listings of fitness activities offered through your centers.

The Department of Senior Affairs 50+ Sports and Fitness Program offers even more healthy activities from winter sports activities to the Albuquerque 50+ Games. A complete catalog of 50+ Sports & Fitness Activities is available at your local center at the Palo Duro Sports & Fitness Center located at 3351 Monroe NE, Albuquerque, NM 87110, or at the new Los Volcanes Sports & Fitness Center located at 6500 Los Volcanes NW, Suite B.



Adapted Aquatics

Usually taught at the University of New Mexico’s Therapy Pool, the Adapted Aquatics Program, has moved to the West Mesa Aquatic Center. At present the UNM’s Lap and Therapy Pools are under construction and scheduled to reopen the winter of 2009. Transportation is provided from all seven centers. The warm water and buoyancy help the participants increase strength, flexibility and range of motion. The class works all parts of the body with special emphasis on increasing mobility. It is an excellent class for those suffering from arthritis and range of motion problems. All classes are conducted by 50+ Sports & Fitness Program instructors, who are evaluated yearly for safety and effectiveness. The cost for each class is 50¢ for transportation and 50¢ for the pool program. Call the 50+ Sports & Fitness Program at 880-2800 for more information.

Class Schedule

July – December  
Monday, Wednesday, Friday  
10:00 – 11:00 am

- Barelas
- Bear Canyon
- Highland
- Manzano Mesa Multigenerational Center
- Los Volcanes
- North Valley
- Palo Duro



Badminton Group

The badminton group meets regularly throughout the year. Former players and all racket sports enthusiasts are welcome any-time.

**Manzano Mesa  
Multigenerational Center**  
Monday & Friday, 1:00 – 4:00 pm  
Tuesday & Thursday 1:30 – 3:30 pm  
Wells Park Community Center  
500 Mountain Rd. NW  
A more experienced group meets Tuesday evenings, 6:00 – 8:00 pm  
Call Terry and Nan Lauritsen, at 266-8237 for more information.

Basketball

Open/Drop-In Basketball is offered everyday of the week (Monday – Saturday) at the times listed below. Teams are formed as participants show up and sign in. Games usually consist of ten (10) minutes, or scores to eleven (11) points using 1’s and 2’s. The winning team “keeps” the floor, with the losing team needing to sign up on a rotation basis.

**Manzano Mesa  
Multigenerational Center • Gym**  
Monday, 11:00 am – 1:00 pm  
& 7:00 – 9:00 pm  
Tuesday, 9:30 am – 1:00 pm  
Wednesday, 11:00 am – 12:30 pm  
Thursday, 9:30 am – 4:00 pm  
& 6:00 – 9:00 pm  
  
April thru October:  
Friday, 11:00 am – 1:00 pm  
& 7:00 – 9:00 pm  
Saturday, 9:00 am – 3:00 pm

Senior Men’s Basketball

This group gathers to play some friendly, but competitive basketball, where teams are picked prior to the games. This is definitely a good workout.

**Manzano Mesa Multigenerational  
Center • Gym (East Court)**  
Thursday, 11:00 am – 1:30 pm  
Tuesday, 11:00 am – 1:00 pm

Men’s Basketball League

A senior men’s basketball league welcomes all men over the age of 50 to practice with them on Saturday mornings. Call Bruce Nesbitt at 286-9581 for more information.

The Albuquerque Senior Games  
is now Year-round.  
Pick up a 50+ Sports and Fitness  
Catalog for Information!



Billiards

Billiards is a great way to visit and meet with friends. A variety of games are played at each center. The Billiards rooms are closed on Sunday.

**Barelas**  
Billiards Room • 25¢  
Monday – Friday, 8:00 am – 5:00 pm

**Bear Canyon**  
Billiards Room • 25¢  
Monday – Friday, 8:00 am – 5:00 pm  
Saturday, 9:00 am – 3:00 pm

**Highland**  
Billiards Room • Donation  
Monday – Friday, 8:00 am – 5:00 pm  
Saturday, 10:00 am – 5:00 pm

**Los Volcanes**  
Billiards Room • 25¢  
Monday – Friday, 8:00 am – 5:00 pm  
Saturday, 9:00 am – 3:00 pm

**Manzano Mesa  
Multigenerational Center**  
Monday – Friday, 8:00 am – 9:00 pm  
Saturday, 9:00 am – 3:00 pm

**North Valley**  
Billiards Room • Donation  
Monday – Friday, 8:00 am – 5:00 pm  
Sunday, 1:00 – 4:00 pm

**Palo Duro • Mtn. Mahogany Pool Room**  
Monday – Friday, 8:00 – 5:00 pm  
Wednesday until 8:30 pm  
Saturday, 9:00 am – 3:00 pm  
25¢

Improve Your Pool Game!

Whether you’re a beginner or simply need to sharpen your game, pool lessons are being offered. Sessions are at least one hour long between 9:00am and 3:00pm on Saturdays, by appointment only.

**Palo Duro • Mountain  
Mahogany Pool Room**  
Saturdays, by appointment  
\$20.00 session, payable to instructor  
Eddie LaBane, Instructor; 294-2461,  
after 4:00 pm

Shuffleboard

Get ready for your next cruise and learn the game of shuffleboard! Games are played on indoor courts and instruction and equipment are provided. A challenge ladder is available for the more competitive athlete.

**Manzano Mesa  
Multigenerational Center • Gym**  
Tuesday, 1:00 – 4:00 pm  
Scott Heron

Wii Bowling

Take part in this interactive gaming experience that many people are using to stay active. It’s easy to learn, even if you have never bowled. You will have so much fun, you will be telling all your friends about it.

**Manzano Mesa Multigenerational  
Center • Sitting Room**  
2nd Wednesday, 1:30 – 3:00 pm  
Barb Diver





Wii Tennis

If you prefer tennis, this is the game for you. Swing the racket just like you would if you were on the court. Fun, fun, fun!!!

**Manzano Mesa Multigenerational Center** • Sitting Room  
4th Wednesday, 1:30 – 3:00 pm  
Barb Diver

Dance Instruction

See Clubs for Jubilee Dancers

Wise Women Belly Dance

Belly dance as fitness, spiritual growth and empowerment is also a celebration of female spirit and the joy of movement. Belly dance displays the strength and beauty of women of all sizes, ages and shapes, and can burn up to 400 calories per hour. Combined with a healthy diet, belly dance can be part of a sound weight loss program.

**Manzano Mesa Multigenerational Center** • East Social Hall  
Thursday, 5:45 – 6:45 pm • Amaya

Beginning Ballet for Adults & Children

Learn poise, grace, balance, self-confidence and discipline. Ballet can teach all of these traits, while also providing excellent exercise and a lot of fun! Give yourself and your child the gift of movement.

**Manzano Mesa Multigenerational Center** • Social Hall  
Saturday, 9:30 – 11:30 am, Children's class  
Saturday, 11:30 am – 12:30 pm, Adult class  
Anna Marie Urioste

Natural Dance

Natural dance is a unique and joyful approach to improving physical health and well-being. By focusing on postural alignment, body awareness and the re-patterning of movement habits, it offers life-long benefits.

**Palo Duro** • Cottonwood Senior Class  
Thursdays, 2:30 – 3:30 pm  
August 21 – September 11, 18; October 9, 16; November 6, 13 – December 11  
\$40.00 person for 4-week session, payable to instructor at 1st class.  
Sign up at front desk • Marta Lichlyter

All Star Youth Hip Hop

Open to boys and girls [5 – 15],  
40-minute lessons for all levels.

**Manzano Mesa Multigenerational Center** • Room 4  
Thursday, 5:30 – 9:00 pm  
David Vigil  
\$12.00 registration & \$6.00 per lesson

African Dance/Drum Class

This is a combination class incorporating various traditional styles of African Dance and drumming. The group is being recognized as a new form of entertainment, and being asked to perform at numerous outings and events. No experience is necessary.

**Manzano Mesa Multigenerational Center** • Room 4  
Tuesday, 2:15 – 3:30 pm  
Camilla Dodson

Square Dance

This group lets you practice modern American square dancing. You'll dance at the mainstream level (70 moves) with announced plus tips. Knowledge of square dancing is required to take this class.

**Palo Duro** • The Mesquite Room  
Wednesday, 1:00 – 3:00 pm  
Jensen

Tap Dance

Heel, toe, heel, toe. Sound familiar? This class will teach you to tap dance while getting your exercise. You will learn basic steps and routines. New members welcome.

**Palo Duro** • The Mesquite Room  
Tuesday, 9:30 – 11:00 am  
Emmett



Ballroom Dance Lessons

Learn the hottest dance steps, meet new friends and exercise too!

**Highland** • Social Hall  
Thursday, 1:30 – 3:00 pm  
Fred Laureta & Esther Roybal

**Palo Duro** • The Mesquite Room  
Friday, 1:00 – 3:00 pm  
Fred Laureta & Esther Roybal  
Registration is required at the front desk.

Clogging

Clogging is an American dance form that began in the Appalachian Mountains. The word "Clog" comes from the Gaelic word meaning, "time." Clogging is done to all kinds of music from Country Western to WWII songs. Intermediate Class

**Bear Canyon** • Social Hall  
Friday, 9:30 – 11:00 am  
McCoy, 296-5376

**Manzano Mesa Multigenerational Center** • East Social Hall  
Tuesday, 4:30 – 6:00 pm  
Shirley Smith





Line Dance

Line dancing is great for people who love to dance but don't have a partner. Each person learns the dance routine and dances in a line, much like a chorus line. We cannot accept beginners after the first month of each new class.

- Bear Canyon • Social Hall**  
Line Dancing Advanced  
Thursday, 1:30 – 3:15 pm  
\$1.00 materials fee per class  
Hull, Robertson
- Line Dancing Beginning  
Thursday, 3:30 – 4:30 pm  
\$1.00 materials fee per class  
Hull
- Line Dancing Intermediate II  
Tuesday, 1:30 – 3:00 pm
- Intermediate 1  
New session beginning September 2  
3:00 – 4:30 pm  
Hull, Robertson
- Highland • Social Hall**  
Line Dancing Intermediate  
Tuesday, 1:30 – 3:30 pm • Bice
- Line Dancing Advanced  
Wednesday, 1:30 – 3:30 pm • Bice
- Los Volcanes • Social Hall**  
Line Dancing  
Tuesday, 9:30 – 10:30 am
- Line Dancing Beginning  
Thursday, 9:00 – 9:30 am  
Tidy • \$1.00 per class

- Manzano Mesa Multigenerational Center • Social Hall**  
Beginning Line Dancing  
Wednesday, 1:30 – 3:00 pm  
Georgette Smith
- Intermediate I Line Dancing  
Wednesday, 3:00 – 4:30 pm  
Georgette Smith
- Intermediate II Line Dancing  
Friday, 1:30 – 3:00 pm  
Wylene Santistevan
- Advanced Line Dancing  
Friday, 3:00 – 4:30 pm  
Wylene, Santistevan
- Palo Duro • The Mesquite Room**  
Advanced Line Dancing  
Monday, 1:30 – 3:00 pm • K. Tidy
- Beginning Line Dancing  
Monday, 3:30 – 4:30 pm • K. Tidy
- Advanced Line Dancing  
Saturday, 9:00 – 10:30 am • K. Tidy
- Beginning Line Dancing  
Saturday, 10:30 am – 12:00 noon • K. Tidy
- North Valley • Social Hall**  
Beginning Line Dancing  
Monday, 2:00 – 3:00 pm

Dance, Afternoon

Dance to top 40s, Spanish, country western, and oldies. Check out the bulletin board for our monthly listings of bands.

- Barelas • Social Hall**  
Friday, 1:30 – 4:00 pm  
Various bands • \$2.50
- Los Volcanes • Social Hall**  
Thursday, 1:30 – 4:30 pm  
Various bands • \$2.50
- North Valley • Social Hall**  
Sunday, 1:30 – 4:30 pm  
Various bands • \$2.50
- Highland • Social Hall**  
Saturday, 2:00 – 5:00 pm  
Various bands • \$2.50



Dance

A great opportunity to meet with friends, hear live music and practice your ballroom moves.

- Bear Canyon • Social Hall**  
Thursday, 6:30 – 9:30 pm  
Various bands • \$2.50

Dinner Dances

Spend an elegant evening dining and dancing to ballroom music.

- Barelas • Social Hall**  
2nd Wednesday of the month,  
4:30 – 7:00 pm  
Doors open at 4:00 pm  
Various bands • \$7.50 per person
- Los Volcanes • Social Hall**  
Last Tuesday of the month, 4:30 – 7:30 pm  
Various bands • \$7.50 per person
- North Valley • Social Hall**  
3rd Tuesday, 4:00 – 7:00 pm  
Dinner served at 4:30 pm  
Various bands • \$7.50 per person

Exercise

Cardio Aerobics

"Get Moving" incorporates both high and low impact choices in an effective workout to help burn calories and meet fitness goals. Beginner-intermediate fitness level.

- Manzano Mesa Multigenerational Center • Social Hall**  
Monday & Wednesday, 5:00 – 6:00 pm  
\$18.00 (if partnered with Fitball) or  
\$2.00 per class • Ann Owens



Fitball

Designed to increase muscular strength, as well as sculpt, define and tone the body. Free weights, body weight and stability balls are used to increase resistance while targeting the performing muscle through movement and challenging other core muscle groups by stabilizing balance. Abs and stretching conclude each session.

**Manzano Mesa Multigenerational Center • Social Hall**  
Friday, 5:00 – 6:00 pm  
Ann Owens  
\$18.00 (if partnered with Cardio Aerobics) or \$2.00 per class

‘Delight in the Differences’ with The Feldenkrais Method

The Feldenkrais Method is for anyone who wants to reconnect with their natural abilities to move, think and feel. Whether you want to be more comfortable sitting at your computer, driving your car, playing with your grandchildren or performing a favorite pastime, these gentle sessions can improve your overall well being. Learning to move with less effort makes daily life easier. Because the Feldenkrais Method focuses on the relationship between movement and thought, increased mental awareness and creativity accompany physical improvements.

**Palo Duro • Aspen**  
Six-week classes; 2 sessions  
Wednesdays, 9:00 – 10:00 am  
Session #1: August 20 – September 24  
Session #2: October 1 – November 5  
\$60.00 payable to instructor at first class  
Barbara Goldberg, BS,RN,GCFP

“Neurobics: Keep Your Mind Fit and Increase Your Memory Power”

The brain is muscle and just like all other muscles in your body, you have to “Use it or lose it”. In this class you will learn specific exercises for your brain that will help you increase your memory power, remember names better and become more confident. Never again should you have to ask “Where are my keys” or say “I’m terrible with names, sorry.” Learn the truth behind the myth of taking pills to slow memory deterioration.

**Palo Duro • Piñon**  
2 hours—a one day class. Offered twice.  
Wednesday, July 9; 5:30 – 7:30 pm;  
Saturday, August 9; 9:00 – 11:00 am.  
\$10.00 person, payable at class.  
Christine Meek  
Sign up at front desk.

Introduction to Strengthen, Lighten & Tighten Aerobics Classes

Do you feel like you have two left feet? Do you find yourself watching exercise classes wishing you knew how to join in? Join us for an hour to learn and practice the dance steps used in the Exercise to Music classes and the stability ball routines. When done you will feel confident enough to join the regular exercise classes!

**Palo Duro Sports & Fitness Center**  
Last Friday of the month  
12:30 – 1:30 pm  
Andriana Wethington

Strengthen, Lighten & Tighten Gently Classes

This fun, non-impact, primarily chair exercise class is set to music and designed to improve strength, flexibility, balance, cardiovascular capacity, endurance, and bone density. Classes are conducted by instructors who are evaluated yearly for safety and effectiveness. Call the 50+ Sports & Fitness Program at 880-2800 for more information.

**Barelas • Social Hall**  
Tuesday & Friday, 10:15 – 10:45 am  
Dolly Sanchez de Rivera

**Bear Canyon • Room 5 & 6**  
Monday Wednesday & Friday  
8:00 – 8:40 am  
Lucy Rivera

**Los Volcanes • Social Hall**  
Monday, Wednesday, Friday  
9:45 – 10:30 am

**Highland**  
Monday – Friday,  
9:00 – 9:45 am • Room 8  
Sandi Cantu

**Manzano Mesa Multigenerational Center • Gym**  
Monday, Wednesday, Friday  
10:00 – 10:45 am  
Mary Curtis

**North Valley**  
Monday – Thursday, 9:45 – 10:15 am  
Daycare Room • Lucy Rivera

**Palo Duro Center • Social Hall**  
Monday, Wednesday, Friday  
9:45 – 10:30 am • Elaine Merrill

Strengthen, Lighten and Tighten Aerobics Class

These classes focus on stretching and strengthening the entire body. Exercises are designed to improve flexibility, agility, range-of-motion, posture, coordination, endurance, bone density, muscle tone and cardiovascular fitness. Senior Sports and Fitness Program instructors are evaluated yearly for safety and effectiveness to conduct exercise classes.

**Barelas • Social Hall**  
Tuesday – Friday, 9:15 – 10:15 am  
Dolly Sanchez de Rivera

**Bear Canyon • Social Hall**  
Monday – Friday, 8:10 – 9:15 am  
Andriana Wethington

**Highland • Room 8**  
Monday – Friday,  
10:00 – 11:00 am • Sandy Cantu

**Los Volcanes • Social Hall**  
Monday – Friday,  
8:15 – 9:15 am

**Manzano Mesa Multigenerational Center • Gym**  
Monday, Tuesday, Wednesday & Friday,  
8:30 – 9:30 am  
Mary Curtis

**North Valley • Social Hall**  
Monday, Tuesday & Friday,  
1:00 – 2:00 pm • Sandi Cantu  
Tuesday & Thursday, 8:15 – 9:15 am  
Lucy Rivera

**Palo Duro • The Mesquite Room**  
Monday, Wednesday, Friday  
8:30 – 9:30 am • Elaine Merrill



Senior Sports & Fitness  
Hiking Group

We offer easy to moderate hikes. Much like our snowshoeing and cross-country skiing trips, we encourage participants to exercise at a comfortable pace and to walk with at least one group member at all times. We encourage stopping along the way to enjoy the wildlife and wildflowers. Participants bring their own lunches, snacks and fluids. Check at the Center to pick up your copy of our 2008 hiking schedule.

Hiking

Hiker's Information

- The designated leader is in charge when in the field. Follow his/her instructions.
- Don't leave the group to hike alone.
- The charges are five cents per mile—payable at the center before leaving.
- If you intend to hike again on the next trip, you can sign up before leaving the center to reserve a place on the van.
- Call the center if you need to cancel.
- Hikes will be canceled at noon the day before the scheduled day if there are fewer than six persons on the signup list.

Basic Hiking Equipment

- For foot comfort and safety (a) cleated high topped hiking boots are recommended for ankle support, but heavy and cleated sneakers are acceptable; (b) spare socks—wet feet can cause blisters; (c) moleskin patches— to get you home if you do get blisters.

- Daypack – You'll need your unencumbered hands for balance and to assist you over the occasional scrambles. Carry your watch, lunch, extra clothing and accessories in this. Buy for economy, comfort and lightweight.
- Water—A one quart bottle of water minimum (in summer, freeze one half of it the night before to provide a cool drink on the trail).
- Lunch—Be sure to carry all wrappers and containers home with you.
- Clothing—(a) use several layers of outer clothing in cold weather. You can add and shed layers as necessary; (b) Rain gear – this can be as simple as a large plastic garbage bag but have something to protect you from the occasional downpours, or worse; (c) hat—you may not wear it, but have it available for cold or wet weather; (d) gloves—lined in winter, unlined for warm weather. You'll need these to ward off cactus spines as much as the cold; (e) sunglasses—south-western sun can be intense, particularly at the higher altitudes; (f) sun block—this is a good precaution for exposed skin, given the high ultra violet content of our sun.
- Additional Equipment: Whistle—police type, to attract attention or signal for help. Yelling takes a lot of energy and doesn't carry very far. A strong but lightweight cane—it is more to carry but if you need or want a balancing assist, an old fiberglass ski pole or something similar is an excellent choice.

Hiking Schedules

Schedules are available at front desk of participating senior centers.

**Palo Duro Sport & Fitness Center**  
every other Tuesday, April–November  
7:15 am – between 2:00 – 3:00 pm

**Bear Canyon**  
Advanced Hiking  
1st & 3rd & 5th Thursday, 8:00 am  
Vick • 5¢ per mile

**Palo Duro**  
Every other Tuesday, 8:00 am  
Saturday, twice a month, 9:00 am  
Brown • 5¢ per mile

**Highland**  
Every other Tuesday, 8:15 am  
5¢ per mile

**Los Volcanes**  
1st & 3rd Thursday, 8:15 am  
5¢ per mile • Call center for hiking schedule or see Lavaflow

**North Valley**  
Every other Thursday, 8:00 am  
5¢ per mile • Call center for hiking schedule

Stretch & Tone

**Palo Duro**  
Tuesday & Thursday  
10:00 – 11:00 am  
Andriana Wethington



Resist – A – Ball

Resist-A-Ball is fun, easy and effective and gives an incredible core workout. Work all of your body's major muscle groups. Strengthen, abdominals, quads, hamstrings and glutes. Build deltoids, chest and triceps. Great for men and women of all ages, and all fitness levels, for results you can see and feel. Improve balance, coordination, and endurance! Balls can be purchased at any sporting goods store (65cm).

**Manzano Mesa**  
**Multigenerational Center • Gym**  
Thursday, 8:30 – 9:30 am  
Mary Curtis





All-Star Youth Karate

This karate/self defense program is for children and teens ages 4 – 16. Students are taught martial art techniques, emphasizing self-defense and child safety awareness. Students can test to move up in belt rank at the end of each session. Classes are taught by a certified, black belt instructor. Call 899-1666 for registration information.

**Manzano Mesa Multigenerational Center** • East Social Hall  
Wednesday, 6:00 – 9:00 pm

Iron Olympian Karate

Self-defense is an excellent way to develop physical strength, discipline, balance, coordination and self-esteem. Class includes break away techniques and Safety awareness.

**Manzano Mesa Multigenerational Center** • Room 4  
Wednesday, 6:00 – 9:00 pm  
Chris Nowak

Okinawan Karate

Okinawan Karate is a traditional, kata based, karate. The form taught in this class is the same form that has been practiced on the island of Okinawa for hundreds of years. It is a “non tournament” based sport karate for adults and teenagers. This class emphasizes development of strength, endurance, flexibility aerobics, balance and coordination.

**Manzano Mesa Multigenerational Center** • Room 4  
Tuesday and Friday, 5:30 – 7:30 pm  
Robert Bennecke  
See instructor for enrollment information

Men’s Softball

There are two senior Albuquerque men’s softball leagues. Practices begin in February with league play held on Tuesday and Thursday mornings from April to September. For information:

**Bear Canyon**  
Jim Brown: 294-8477

**Highland**  
Ted Garcia: 256-2000, leave message

**Palo Duro**  
Marc LaChey: 275-2331  
Bob Eyers 294-6401

Women’s Softball League Play

The City of Albuquerque Parks and Recreation Department and the NM Senior Sports Foundation are endeavoring to establish a separate 50+ senior women’s league. Until there are enough teams to separate, the senior women will participate in the Women’s Recreation Division using negotiated senior rules to help “equalize” the competition when playing against younger teams.

For information, contact the City Sports Office at 291-6239 or the NM Senior Sports Foundation at 299-7768.



New Mexico Table Tennis Federation

The Table Tennis Federation is a group of enthusiastic seniors and adults who play table tennis daily. Some of the members also participate in the 50+ Olympics. The Federation is open to everyone regardless of level of skill. You don’t have to be good, just enthusiastic about playing. Come and join the fun! Call Rick Massoth at 261-7444 for information.

**Manzano Mesa Multigenerational Center** • Game Room  
Daily, 9:00 am – 12:00 noon



Table Tennis

Join in for some fun. Table tennis is an active fast paced game. It is easy to learn if you don’t know how to play. New players are welcome.

**Barelas** • Social Hall  
Monday, Wednesday, & Thursday, 8:00 – 5:00 pm  
Tuesday & Friday, 8:00 – 11:30 am

**Bear Canyon** • Social Hall  
Monday, Wednesday & Thursday, 9:30 – 11:00 am  
Friday, 1:30 – 4:00 pm  
Saturday, 9:00 am – 12:00 pm

**Los Volcanes** • Social Hall  
Monday, 1:00 – 3:00 pm  
(upon request)

**Palo Duro** • The Mesquite Room  
Saturday, 9:30 – 11:30 am

**North Valley** • Social Hall  
Monday, Tuesday & Friday 9:00 – 11:30 am • By request

**Manzano Mesa Multigenerational Center**  
Monday – Friday, 8:00 am – 9:00 pm  
Saturday, 9:00 am – 3:00 pm

T’ai Chi

Tai Chi’s slow motion movements can help you improve health, reduce stress, and make your later years richly satisfying and truly golden. You will learn to systematically move the life force or chi within the body to relax and open up to your full human potential on all levels-physical, emotional, mental, and spiritual. You may start this ongoing class at any time. Jim Dell has a teaching degree and over 20 years experience in this field.

**Los Volcanes** • Room 2  
Wednesday, 12:00 noon – 1:00 pm  
Saturday, 11:00 am – 12:30 pm  
Jim Dell • \$3.00 per class





T'ai Chi – A Holistic Way to Health and Happiness

A course for seniors based on the gentle movement of T'ai Chi, presented in a unique way for healing mind and body. This course will be presented by Jim Dell who has a teaching degree with over 20 years experience in this field.

- Increases physical balance and flexibility
- Regulates and lower blood pressure
- Improves circulation
- Promotes a good night's sleep
- Improves spine and joint problems reducing pain in the back, neck and shoulders
- Reduces stress and boosts immunity

**Los Volcanes • Room 2**  
Wednesday, 12:00 noon – 1:00 pm  
\$3.00 per class

T'ai Chi Chih, Beginning

This class is for beginners who want to learn the very basic T'ai Chi Chih movement.

**Bear Canyon • Room 5**  
Wednesday, 3:00 – 3:30 pm • Edina Lock

T'ai Chi Chih Practice

These ongoing practice sessions are open to anyone interested in getting the health benefits from T'ai Chi Chih, such as improving balance, blood pressure, circulation and memory, as well as relieving stress and getting an overall feeling of wellbeing.

**Bear Canyon**  
Wednesday, 11:30 am – 1:00 pm  
Room 5 & 6, Mary Moriarty  
Wednesday, 3:30 – 4:30 pm  
Room 3, Edina Lock  
**Highland • Room 7**  
Friday, 9:00 – 10:00 am, Self-directed

T'ai Chi Chih

T'ai Chi Chih, often called "Moving Meditation," because of its series of easy, gentle movements that balance the internal energy (Chi). Benefits can include improved balance, flexibility, stamina and regulation of weight and blood pressure. Classes are taught in eight-week sessions at Beginning and Continuing levels for people who have completed a Beginning class, and are proficient with movements. New students are accepted only through the second week of a Beginning session.

**Palo Duro • Aspen**  
**Continuing Class:**  
Wednesday, 5:30 – 6:30 pm  
**Beginning Class:**  
Wednesday, 7:00 – 8:00 pm  
8-week sessions are:  
July 23 – September 10  
September 17 – November 5  
November 12 – January 14, 2009  
(No class 11/26 or 12/24)  
\$60.00 8-week session, payable to instructor at first class.  
Sign up at the front desk.  
Ginny Morgan, certified instructor

T'ai Chi Ch'uan Discussion Group

The Tai Chi Chuan Theory and Concepts discussion group addresses the underlying theory and principles of the ancient art of tai chi chuan. Specifically the discussions revolve around Tai Chi Classics that serve as the foundation for tai chi theory. Also discussed are the principles of vital energy (chi) generation, meditative and health aspects etc Discussion deepens practitioners understanding of the art form. The discussions are open to tai chi practitioners from all schools and senior centers.

**Bear Canyon • Lobby**  
Tuesday, 1:00 – 2:30 pm  
Young, Sign up with instructor.

T'ai Chi Ch'uan

Traditional T'ai Chi Ch'uan is an ancient art form. The class provides a mild cardiovascular workout, improves balance and stability, strengthens the legs and helps circulate "chi" or internal energy. Tai Chi can also serve as a form of meditation.

**Bear Canyon • Social Hall West**  
Wednesday, 9:30 – 11:00 am  
Young, Sign up with instructor.  
**North Valley • Rooms 1/2**  
Monday, 1:00 pm, McIntire

Tai Kwan Do

**Manzano Mesa Multigenerational Center**  
Monday, 7:00 – 8:00 pm  
Victor Romero

Weight Training Orientations

Sculpt your body and keep it looking healthy through weight training. When performed properly and accompanied by a proper diet and exercise program, weight training can keep you feeling and looking great. Not only does weight training promise to give you more energy, but it also increases muscle tone and bone density. Join one of our orientations where we cover the fundamentals of weight training and program designs. You also get an informative demonstration on both upper and lower body weight training. Certificates are awarded.

**Palo Duro 50+ Sports & Fitness Center**  
Weight Training Orientation for both group and individual are held continuously. Call 880-2800 for scheduled times and dates.

**Manzano Mesa Multigenerational Center**  
Weight Training Orientation for both group and individual are held continuously. Call 880-2800 for scheduled times and dates.

**North Valley**  
Weight Training Orientation classes are held:  
Monday, June 14, 1:30 pm  
Monday, August 11, 9:30 am  
Monday, September 8, 1:30 pm  
Tuesday, September 9, 6:00 pm  
Monday, October 13, 9:30 am  
Monday, November 10, 1:30 pm  
Monday, December 8, 9:30 am





Weight Training at the Centers

- Palo Duro 50+ Sports and Fitness Center
- Manzano Mesa Multigenerational Center
- North Valley Center
- Los Volcanes Center (Grand opening Summer 2008)
- Barel as at Barel as Community Center, Wednesday at 9:15 am

Our Fitness rooms are equipped with strength training and cardio equipment. Manzano Mesa Multigenerational Center is open to members 18 years of age and older. The Palo Duro 50+ Sports & Fitness Center, North Valley and Los Volcanes Fitness Center are open to those who are 50 and over. There is a \$13 per year center membership fee and current members of centers may use the weight rooms with no extra membership charge. There is a contribution of 50¢ per visit. Free equipment orientations are available by appointment only for one hour with one of our trainers. Call the 50+ Sports & Fitness Program at 880-2800 for more information.

Express Weight Training and Exercise Class

Geared for the beginner, this “Express” fitness class is a less-than one hour, two-day-a-week program. In this program, you are guaranteed to see and experience positive results! Students are encouraged to work at their own pace. Simply come as you are! Comfortable clothing and athletic shoes are all you need. Remember, there will be others, just as new to exercise as you! Call the Senior Sports & Fitness Program (505)-880-2800.

Walk About Albuquerque

The 50+ Sports & Fitness Program is hosting a 50+ walking program that will offer walkers tips to learn the science of walking, safety, different types of walking, and how to use a pedometer and walking poles. Explore Albuquerque on your feet. Fitness walking is defined as moderate to brisk walking that often challenges the cardio respiratory system. It is an inexpensive, convenient and simple activity to perform with minimal risk of injury.

\$15.00 includes a pedometer, walking charts, iwalking technique instruction, handouts, the use of walking poles, an experienced fun guide and transportation!

**50+ Sports & Fitness Program Office**  
3351 Monroe NE • Call 880-2800  
August 25, September 8, 15, 22, 29, October 6

**Week 1, Walk 1: A Blossoming Adventure**—Walk the Botanical Park while learning how to walk for the health of it.

**Week 2, Walk 2: Tramway Walk**—See the sights of the City.

**Week 3, Walk 3: Nob Hill**—Learn about the architecture of this historical area of Albuquerque.

**Week 4, Walk 4: The Albuquerque Bosque**—Discover Abq’s natural side.

**Week 5, Walk 5: Take a Walk on the Wild Side!**—Walk among the animals and be Wild!

**Week 6, Walk 6: Plaza to Plaza**—Civic Plaza to Old Town Plaza. 250 years of Albuquerque history.

Yoga, Hatha – Qi Gong

These classes specialize in breathing and Hatha yoga postures. Breathing revitalizes the brain and internal organs with oxygen and postures keep the spine supple and healthy. The tools from this class will help lower your blood pressure and calm the nerves. Sign up with instructor in class.

**Bear Canyon • Room 6**  
Thursday, 2:30 – 4:00 pm, Kae Sumrall

**Los Volcanes • Room 2**  
Monday and Thursday, 2:00 – 3:00 pm  
Richards • \$4.00 per one-hour class

**Manzano Mesa Multigenerational Center • Room 4**  
Wednesday, 9:00 – 10:00 am,  
Donna Russell  
Friday, 9:00 – 10:00 am,  
Janet Porter

**Palo Duro • Ponderosa Pine**  
Wednesday, 5:30 – 6:30 pm  
Kae Sumrall

Yoga, Hatha—Plus

This class combines hatha yoga and core body work.

**Manzano Mesa Multigenerational Center • Room 4**  
Friday, 9:00 – 10:00 am • Janet Porter

Restorative Yoga

**Barel as**  
Monday & Thursday, 9:15 – 10:45 am  
Dolly Sanchez de Rivera

Yoga with Ava

This relaxed class allows seniors who have never tried yoga to participate. Yoga connects you to your entire body allowing you to work on your posture, balance, grace, and poise.

**Highland**  
Wednesday, 1:15 – 2:45 pm  
Ava Kitover

Beginning Yoga

This on-going class combines core management methods with mind-body/breath discipline to focus on reducing physical and mental stress, while lengthening the muscles that run along the long bones of the body. Other benefits include improved posture and core strength, as well as reduced lower back pain and increased muscle flexibility.

**Manzano Mesa Multigenerational Center • East Social Hall**  
Monday, 6:00 – 7:00 pm  
Ann Owens • \$25.00 monthly

Raja Yoga

Raja Yoga, the Royal Road, is a mental discipline. This particular path is a method of training the mind through breathing excises, meditation and affirmations. We chant mantras of energy from the Sanskrit language. Yoga practice from ancient India has the power to calm the mind and body, and to strengthen us mentally as well as physically.

**Manzano Mesa Multigenerational Center • Room 4**  
Wednesday, 10:00 – 11:00 am  
Lucille Mulcahy





50+ Winter Sports Program—Skiing

The 50+ Winter Sports Program includes day trips and competitions! Day trips include cross-country skiing, snowshoeing, snowboarding and alpine skiing. If you like competing, join the “50+ Fantastic Freeze Fest” competitions which offer friendly competitions in snowshoeing, snowboarding, alpine skiing and cross country skiing. Hockey and Ice Skating competitions are also scheduled. See Albuquerque 50+ Sports & Fitness Catalog for details.

Pre-Conditioning Weight Training Skiing Training Class

Training by a certified trainer for all types of winter sports conditioning. Call the 50+ Sports & Fitness office at 880-2800 for more information.

Cross-Country Ski Review

This one-day refresher course is for individuals who have completed beginner cross-country ski lessons or are intermediate or advanced skiers. Equipment will not be provided. Bring a sack lunch, snacks, water and dress in layers. This class fills up quickly, so sign up early.

**Palo Duro 50+ Sports & Fitness Center**  
Monday, January 9  
CHECK-IN: 8:00 am  
DEPART: 8:30 am  
\$15.00

Ice Hockey Competition

The Albuquerque 50+ Games Ice Hockey competition is scheduled at the Outpost Ice Arena. Call the Palo Duro 50+ Sports & Fitness Center at 880-2800 for more information

Ice Skating Competition

Please contact Mary Walston at 771-2671 for information regarding the 2009 High Desert Invitational & Albuquerque 50+ Ice Skating Competition.

Winter Recreational Trips

Trips may be canceled or destinations changed due to weather and snow conditions. Everyone must stay in the group. When possible, groups are divided into beginner, intermediate and advanced.



Cross— Country Skiing

Come with us and enjoy the splendor of New Mexico’s back country. Depending on snow conditions, destinations include Jemez Mountains, Los Alamos and the Sandia’s. Trips are open to seniors who have completed beginning cross-country ski lessons or are intermediate or advanced skiers. Equipment is not provided. Bring a sack lunch, snacks, water and remember to dress warmly and in layers.

**Palo Duro 50+ Sports & Fitness Center**  
All Cross-Country trips  
CHECK-IN: 8:00 am  
DEPART: 8:30 am  
RETURN: 4:30 pm  
\$9.00

Valles Caldera Cross-Country Skiing & Snowshoeing

A special trip is planned for cross-country skiers and snowshoers to the Valles Calderas National Preserve in the Jemez Mountains. This beautiful Preserve is comprised of almost 89,000 acres including the dead waters of both San Antonio Creek and the East Fork of the Jemez River.

**Palo Duro 50+ Sports & Fitness Center**  
Date to be announced  
(most likely on a Friday)  
CHECK-IN: 8:00 am  
DEPART: 8:30 am  
RETURN: 4:30 pm  
\$18.00 (\$9.00 transportation \$9.00 admission payable to Valles Caldera Ranger Station Gate, exact amount is required)  
Susan Harper, Cindy McConnell



Snowshoeing Trips

Have you ever tried snowshoeing? It’s easy, inexpensive and lots of fun! Trips will be to the Jemez Mountains, Los Alamos and the Sandias. Snowshoes are provided but must be checked out at the Palo Duro 50+ Sports & Fitness Center with a valid drivers license. Bring a sack lunch, snacks, water and dress in layers. Snowshoers can bring ski poles for more stability.

**Palo Duro 50+ Sports & Fitness Center**  
All snowshoe trips  
CHECK-IN: 8:00 am  
DEPART: 8:30 am  
RETURN: 4:30 pm  
\$9.00

Downhill Skiing, Snowboarding

Trips are taken to Sandia Peak and Santa Fe ski areas. Seniors 72+ get FREE lift tickets.

**Palo Duro 50+ Sports & Fitness Center**  
All Downhill trips  
CHECK-IN: 8:00 am  
DEPART: 8:30 am  
RETURN: 4:30 pm  
\$9.00



Languages

French

Classes emphasize conversation, reading and translation with some grammar. Everyone with a good basis in French is welcome to attend.

**Palo Duro • Aspen**  
Advanced  
Monday, 1:00 – 3:00 pm • Brown

French I

This is a continuing class in beginning French, which started with the basics of pronunciation and grammar. If you had French years ago and want to refresh that knowledge, you are welcome to join us. See the instructor in class about the required textbook.

**Manzano Mesa**  
**Multigenerational Center • Room 5**  
Tuesday, 10:00 – 11:00 am  
Robert Upshaw

French – Intermediate

This is a course in progress and some knowledge of French is required. The level of instruction is past the beginner’s course, but not too advanced. The book to be purchased will be indicated by the instructor.

**Bear Canyon**  
Saturday, 9:30 – 11:30 am  
Fontaine



French – Advanced

This is a continuing class, which assumes prior knowledge of the basic verb tenses and a basic vocabulary. We are concentrating on reviewing all aspects of grammar and reading, and translating short books and newspaper articles. This is not a “conversational” class but we will try to develop some conversational skills. See the instructor in class about required textbooks.

**Manzano Mesa**  
**Multigenerational Center • Room 5**  
Wednesday, 10:00 am – 12:00 noon  
Robert Upshaw

German

This is a continuing class in beginning German, which started with the basics of pronunciation and grammar. If you had German years ago and want to refresh that knowledge, you are welcome to join us. See the instructor in class about the required textbook.

**Palo Duro • Aspen**  
Thursday, 8:45 – 11:30 am • Ohlen

German I

This is a beginning German Class, which starts with the basics of pronunciation and grammar. We will assume no previous knowledge of the language, but if you had German years ago and want to refresh that knowledge, you are welcome to join us. See instructor in class about the required textbook.

**Manzano Mesa**  
**Multigenerational Center • Room 5**  
Tuesday, 9:00 – 10:00 am  
Robert Upshaw

German – Beginning Conversation Emphasis

Not a crash course. The language is taught from scratch; nothing is left out. Emphasis is on understanding spoken German as well as speaking it. This class began in September, 2007. If you have had some previous German, you are welcome to join. The textbook will be German Made Simple (2006 edition) by Leitner, Jackson and Geiger. It is a paperback book and should cost under \$15.00. Instructor will make it available to Page One Bookstore. Instructor is Allen Roth, German teacher for 33 years at Sandia High School.

**Bear Canyon • Room 1**  
Monday, 10:00 am – 12:00 noon

Italian, Beginning

Learn the basics to this romantic language

**Bear Canyon • Room 3**  
Tuesday, 11:00 am – 12:00 noon  
Trujillo

Italian, Intermediate

Class emphasis is on reading, grammar, conversation and verb conjugation. Students will acquire the basic tools to get around in Italy, as well as an appreciation of the culture. Sign up with the instructor.

**Bear Canyon • Room 3**  
Monday, 12:45 – 3:15 pm • Coons

Spanish 101

What do you want to learn to say in Spanish? Have fun learning conversational Spanish. We will create mini-dialogues and add on each week using topics you want to discuss in Spanish. By the end of the term, we will have created a funny but hopefully beneficial and memorable script. Guadalupe received her B.A. in Spanish and M.A. in S.W. Hispanic Studies from the University of New Mexico. She is currently looking for a publisher for several bilingual picture books she has written.

**Los Volcanes • Room 10**  
Lupe Rivera • free

Thursday, (12 weeks)  
12:30 – 2:30 pm

Saturday, (12 weeks)  
10:00 am – 12:00 noon

Check at the front desk for dates.





Spanish, Intermediate/Advanced

An ongoing class conducted mainly in Spanish, with activities that emphasize speaking, listening and reading. There are also regular Spanish grammar review studies. Students take turns planning for and conducting the class. Contact a facilitator to see if space is available.

**Bear Canyon • Room 3**  
Tuesday, 9:00 – 11:00 am  
Katherine Arenholz and Woody Siler

Spanish, Intermediate

Students continue to learn conversational Spanish in this class that encourages grammar reinforcement, listening comprehension and stimulated conversation. Class participation is encouraged.

**Bear Canyon • Room 3**  
Monday, 3:30 – 4:30 pm  
Margaret Prince

Spanish, History

Come and join us and learn about Spanish civilization.

**Palo Duro • Piñon**  
Tuesday, 1:00 – 3:00 pm • Arndt

Spanish: Contemporary/  
Conversational

This class provides opportunities to carry on conversations with one another in Spanish. Fluency is improved through the language use.

**Bear Canyon • Room 3**  
Tuesday, 1:00 – 3:00 pm  
King/Campbell

Games and Cards

Improve Your Pool Game!

For beginners or those that simply need to sharpen their game. Sessions are at least one hour long between 9:00 am–3:00 pm.

**Palo Duro**  
Mountain Mahogany Pool Room  
Saturdays, by appointment  
\$20.00 session, payable to instructor  
Eddie LaBane, 294-2461, after 4:00 pm

Bingo

Enjoy a relaxing afternoon with friends, excitement and refreshments. Join us for bingo, with cash and prize giveaways, raffle drawings and refreshments of food and drink.

**Barelas • Social Hall**  
Tuesday, 1:30 – 3:30 pm

**Bear Canyon • Social Hall**  
Wednesday, 1:30 – 4:00 pm  
Lockard, 25¢ – \$2.00

**Highland • Social Hall**  
Monday, 1:15 – 4:00 pm

**Los Volcanes • Social Hall**  
Friday, 1:15 – 3:45 pm

**Manzano Mesa Multigenerational Center • West Social Hall**  
Thursday, 1:30 – 4:00 pm

**North Valley • Social Hall**  
Wednesday • 1:30 – 4:00 pm  
Luna and Luna, 25¢  
1st Thursday, 1:30 – 4:00 pm  
(Foster Grandparents)  
3rd Thursday, 1:30 – 4:00 pm  
(Sunbeams)

**Palo Duro • The Mesquite Room**  
Tuesday, 1:30 – 4:00 pm

Bear Canyon Saturday Bridge

This is for bridge players that have had some experience.

**Bear Canyon • Room 1**  
Saturday, 10:30 am – 3:00 pm  
Schaefer

Bridge

Newcomers are always welcome to brush up on your card playing, or to learn the game.

**Manzano Mesa Multigenerational Center • Sitting Room**  
Monday, 11:30 am – 3:00 pm  
Thursday, 12:30 – 3:00 pm  
1st and 3rd Friday of each month:  
10:00 am – 3:00 pm  
2nd, 4th and 5th Friday of each month:  
1:00 – 4:00 pm

Beginning Bridge

This course is designed for the person who has never played bridge. We cover topics such as scoring, how to evaluate your hand, how to bid a trump or a no trump, contracts and basic defensive play. Instruction on a few special bids and some general tips of bridge play will also be included. This course will need between eight (8) and thirty-two (32) students. There is no charge for this class and interested students should sign up at the front desk. Come and have some fun.

**Bear Canyon • Room 1**  
Wednesday, 1:00 – 3:00 pm  
September 10 – December 10  
Gene Smith

Bridge, Duplicate

All bridge players are invited to participate in this non-sanctioned game. Players should pre-arrange their partnerships before the game or call 881-9725 to locate a possible partner.

**Bear Canyon • Room 5**  
Thursday, 12:45 – 4:30 pm  
Dick West, 50¢ per person

**Palo Duro • Cottonwood**  
Monday, 11:45 am – 3:30 pm  
Friday, 12:00 – 3:30 pm, Elder

Bridge Lessons

This class is designed for beginners wishing to join the ranks of bridge players and those wishing to refresh their knowledge. New students are welcome to join the fun of playing.

**Palo Duro • Aspen**  
Wednesday, 1:00 – 3:00 pm • Gibney

Novice Bridge

This course is designed for the active bridge players who want to improve their play or try duplicate bridge. It is based on Standard American 5 card majors. Topics covered will include stayman, Blackwood, 15-17 point NT, transfers, limit raises, weak two bids, negative and takeout bids and preemptive bids. Competitive bidding and defensive play will also be covered. This course will need between eight (8) and thirty-two (32) students. There is no charge for this class and interested students should sign up at the front desk. Let's have some fun.

**Bear Canyon • Room 6**  
Friday, September 12 – December 19  
(no class November 28)  
1:00 – 3:00 pm, Gene Smith





Bridge, Party

For those who would like to play, party bridge is offered throughout the week. Most games require you to have your own foursome.

**Highland • Room 4**  
Monday, Thursday and Friday,  
1:00 – 4:30 pm

Widows Bridge Club

Eight regular teams with their captains play party bridge. Regular players are already in place, but newcomers are welcome to sign up as substitutes to be called upon when needed.

**Bear Canyon • Room 6**  
Wednesday, 12:30 – 3:30 pm  
Vern Reynolds, 559-9399

Walk-In Bridge

No need to sign up, just show up. Everyone is welcome!

**Bear Canyon • Room 5**  
Thursday, 8:30 – 11:30 am

Canasta

Join us and learn to play hand and foot Canasta. New members welcome.

**Bear Canyon**  
Monday, 12:00 – 5:00 pm • Room 6  
Thursday, 12:00 – 6:30 pm • Room 1  
Belva Butterfield

**Highland • Room 3**  
Monday, 1:00 – 4:00 pm

**Los Volcanes • Room 10**  
Monday, 12:00 – 5:00 pm

Cards/Checkers

These items may be checked out at the front desk anytime.

**Barelas • Billiards Room**  
Monday – Friday, 12:00 noon – 4:00 pm

**Los Volcanes • Lobby**  
Monday – Friday, 12:30 – 4:30 pm

Chess

A chess set is available at the front desk. Find yourself a partner and enjoy a stimulating game of chess.

**Barelas • Lounge Area**  
Monday – Friday, 8:00 am – 5:00 pm

**Highland • Lobby**  
Wednesday, 1:00 – 3:00 pm

**Los Volcanes • Lobby**  
Monday – Friday, 8:00 am – 5:00 pm

Chess for Fun

Learn the basics, or the complex moves of the masters. Participants with all levels of experience and ability are welcome. No fees.

**Bear Canyon • Lobby**  
Monday, Wednesday and Friday  
12:30 – 5:00 pm, Lloyd Gustafson

Cribbage

Drop in and join this group anytime.

**Bear Canyon • Lobby**  
Tuesday, 9:30 – 12:00 pm • Ray Kranz

**Palo Duro • Piñon/Cottonwood**  
Friday, 1:00 – 3:00 pm  
Goodman, Larson

Dominoes

Check out a dominoes set at the front desk and challenge your friends to a game! Or join in an existing group to play.

**Los Volcanes • Social Hall**  
Monday – Friday, 9:00 – 10:00 am  
Walker

Mah Jongg

This fascinating game of Chinese origin is played with 1434 tiles that are drawn and discarded until one player secures a winning hand. Newcomers welcome.

**Bear Canyon • Social Hall**  
Monday, 11:30 am – 4:00 pm  
No instructor, Drop-in game

**Los Volcanes • Room 4**  
Thursday, 12:30 – 4:30 pm  
Finegold, Martinez

Scrabble

If you enjoy playing games, join in a friendly game of Scrabble. New players are welcome

**Los Volcanes • Room 10**  
Tuesday, 12:15 pm

**Palo Duro • Ponderosa Pine**  
Wednesday, 12:00 noon – 4:00 pm  
Simpson

**Bear Canyon • Room 6**  
Monday, 12:00 noon – 5:00 pm  
Simpson

Shanghai Rummy & Bridge

Drop by to join in a game.

**Bear Canyon • Lobby**  
Thursdays, 12:00 – 4:30 pm

Mexican Train

Join this group and have lots of fun playing Mexican Train

**Highland • Room 4**  
Wednesday, 12:30 – 3:30 pm

**Los Volcanes • Room 10**  
Tuesday, 12:15 – 4:15 pm

Pinochle

If you like to play pinochle or want to learn how to play, this group is for you. Newcomers are always welcome.

**Bear Canyon • Room 6**  
Tuesday, 1:00 – 4:45 pm  
Kathleen and Carlton Valcourt

**Highland • Room 4**  
Tuesday and Thursday  
12:00 noon – 4:30 pm

**Manzano Mesa Multigenerational Center • Room 4**  
Wednesday, 12:00 noon – 4:00 pm

Poker

A variety of games are played daily, including high-low, mixed-game, and dealer’s choice.

**Barelas • Billiards Room**  
Monday – Friday, 12:00 noon – 4:00 pm

**Bear Canyon • Pool Room**  
Monday – Friday, 12:30 pm

**Los Volcanes • North Lobby**  
Monday, Tuesday, Wednesday & Friday,  
12:00 noon – 4:30 pm  
Saturday, 11:00 am – 2:00 pm

**North Valley • Library**  
Monday – Friday, 12:00 noon – 4:00 pm



## Music

### Choralaires

This is a group that sings old, new, folk and popular songs. Please come and join in, no musical training is required. This group also performs at community venues.

**Palo Duro • Cottonwood**  
Monday, 9:00 – 11:30 am  
Gilbert, Musetta

### Beartones Choral Group

Bear Canyon offers the Beartones, a 4-part (Soprano, Alto, Tenor & Bass) choral group, for more experienced men and women singers. Capability to read music is a plus. Prospective members are encouraged to contact Bob Meadows, Director, at 293-8445 or at bobomeadows@aol.com for further information.

**Bear Canyon • Room 1**  
Thursday, 10:00 am – 12:00 noon  
Practice starts September 11  
Bob Meadows

### Beginning Guitar

Learn how to tune a guitar, first position strings and chords, simple songs, and have a good time learning a new skill.

**Palo Duro • Ponderosa Pine**  
Monday, 9:15 – 10:45 am  
Dowling, \$10.00 per session



### Community Drum Circle

Discover the joy of rhythmic music making! Make new friends, drum away stress, exercise your mind, body and spirit. No previous drumming or musical experience is required, just a willingness to have some fun and play! Space limited to 40. Ages 8+ welcome.

**Manzano Mesa**  
**Multigenerational Center • Room 4**  
3rd Friday, 7:30 – 8:45 pm  
Giselle Felicia Vivian  
\$8.00 Adults • \$6.00 Seniors 65+ &  
Teens • \$4.00 Youth 8–12

### Old Jazz Workshop

Do you like old Jazz (New Orleans, Dixieland, Blues)? Have fun, learn from others, get inspiration to practice, and make music that sounds good. Bring your instrument. We mostly play, but also listen to some good groups. Ability to read music helps, but a really good ear will work too.

**Manzano Mesa**  
**Multigenerational Center • Room 4**  
Friday, 3:30 – 5:00 pm  
Bob Teegarden

### Guitar

This group is designed for those who can play guitar in the keys of C-D-G-etc. Also, any other instrument is welcome. It is very helpful if you can sing, but not necessary. You will need your own instrument and a music stand. This is an ongoing group and new members are encouraged to join. We welcome musicians, amateurs and professionals.

**Bear Canyon • Room 4**  
Monday, 1:00 – 3:00 pm/2:00 – 4:00pm  
alternating start time  
Benavidez

**North Valley • Social Hall**  
Tuesday, 10:00 – 11:45 am  
Friday, 10:00 – 11:45 am • Ortiz  
Guitars only please

### Hi-Toners

If you enjoy singing and learning different melodies, this class is for you. It is open to those who read music or want to learn. The Hi-Toners perform at many different community events. Instructor provided by Senior Arts.

**Highland • Room 7**  
1st, 2nd & 3rd Friday  
10:30 am – 12:00 noon, Johnson

### Highland Harmonizers

We have the most wonderful choral group you can imagine. The Harmonizers perform all over town. New singers are welcome to join at any time.

**Highland • Room 7**  
Wednesday, 10:00 am – 12:00 noon  
Connie Devers

### How to Read Music

Have you always wanted to know how to read music? Sign up for this 8 week, complete music reading course. Learn about rhythms, pitches, how scales are built and how to train your ear to hear what you see. This course will be offered twice during July–December.

**Bear Canyon • Room 1**  
Wednesday, 10:00 am – 12:00 noon  
September 10, October 29,  
November 5, December 31  
Meadows

### Palo Duro Band

This band has been in existence for 25 years and is available to play at social occasions.

**Palo Duro • Aspen**  
Friday, 1:00 – 2:30 pm, Baker

### Piano

Piano instruction is offered to the beginner and intermediate students. New students and/or visitors are always welcome.

**Bear Canyon • Room 3**  
September – December  
Beginning: Thursday, 9:30 – 10:30 am  
Intermediate: Thursday, 10:30 – 11:30 am  
No classes June, July & August  
Darlene Cox



Sing-Along

Join us for an afternoon of singing! Accompanied by 2-3 guitarists, this group sings and plays a variety of songs and music. You don't have to be good, just willing. Everyone is welcome.

**Manzano Mesa  
Multigenerational Center** • Room 4  
Tuesday, 1:00 – 2:15 pm  
Richard Mabry

Sophisticated Ladies

This is an already established dance group that entertains within the community. They do group, pairs and individual dances to show tunes.

**Manzano Mesa Multigenerational  
Center** • East Social Hall  
Tuesday, 11:00 am – 1:00 pm • Room 4  
Tuesday, 1:00 – 3:00 pm  
Julie Weaver

Sunbeam Chorus

Members of this enthusiastic, award winning choral group serve as goodwill ambassadors of North Valley by traveling to nursing homes, retirement centers and mealsites to spread joy and sunshine to others. Newcomers may join at any time.

**North Valley** • Conference Room  
Call for schedule, Gonzales

Los Volcanes Singing Group

This enthusiastic, award-winning choral group meets on the first and third Wednesday of each month to practice and learn new songs. As the good will ambassadors of Los Volcanes, this group travels to nursing homes, retirement centers and meal sites to spread the joy and happiness to others. Newcomers are always welcome!

**Los Volcanes** • Room 10  
1st and 3rd Wednesday  
10:00 – 11:00 am  
Phyllis Vilchuck

Violin

Learn the basics of playing the violin. All students must have their own instrument. Beginners welcome.

**Bear Canyon** • Room 1  
Thursday, 8:00 – 10:00 am  
Garcia



Writing

Creative Writing

Aspiring writers meet weekly to create, share, critique and perfect their works. The group offers a supportive and non-threatening way to learn how to improve your writing skills.

**Highland** • Room 1  
Thursday, 1:00 – 3:00 pm

TGIF Poetry

This small, ongoing group is devoted to reading and writing poetry. If this is something you would enjoy, please see the instructor.

**Bear Canyon** • Room 3  
1st and 3rd Friday, 1:00 – 3:00 pm

Writing Fiction, Non-Fiction and Poetry

This class will be a combination of teaching and reviewing student's work. All forms of writing will be explored, including fiction, non-fiction, memoirs and poetry. New students are welcome at any time.

**Bear Canyon** • Room 1  
Monday, 3:00 – 5:00 pm  
Larry Greenly & Rob Spiegel

Writing For Fun and Profit

This group has joined together for mutual benefit, interests and encouragement. It consists of amateurs and professionals who are poets, journalists, novelists and short story writers. Most of the writings are of the inspirational type. Those interested in writing are invited to join.

**Manzano Mesa Multigenerational  
Center** • Room 5  
Monday, 1:00 – 3:00 pm

Writing Practice

An evolution from meditation practice, this approach to writing centers on writing as a regular personal practice for discovery and enrichment of life. It is not publication-oriented or product focused. It is about critiquing or feedback. The practice and the process are pre-eminent. Please join at any time. There are no prerequisites more than an interest in writing this way and a desire to try. This is an ongoing group, no text required.

**Palo Duro** • Aspen  
9:30 – 11:30 am  
Dotson





Writing Class

This class will focus on writing as a regular personal practice for the discovery and enrichment of life. It is not publication-oriented or product-focused. It is not about critiquing or feedback.

**Palo Duro • Piñon**  
8 weeks; Wednesday, 5:30– 7:00 pm  
September 3 – October 22  
\$40.00 payable to instructor at 1st class  
Sign up at front desk  
Charles Dotson.

Ethical Wills and Legacy Letters

Passing on Treasures of the Heart

Part of vital aging is Do it Now! Legacies are the footprints we leave behind. Let’s write about the stuff of everyday life that’s hard to get at—like tea kettles, sewing machines, tortillas and cars. And let’s write about what really counts in our lives, the moments, values, ideas and reflections rather than material wealth.

**North Valley • Room 3**  
Last Tuesday of each month, 10:00 am  
Elizabeth C. Etigson, facilitator



Writing Your Autobiography

Everyone has a story to tell. This ongoing workshop is based on your own personal experiences and includes short writings about particular events in one’s life. People who are interested in writing their life stories are welcome at any time. Life experiences are valuable; they do not deserve to be lost when we are gone. New students are welcome to join any time.

**Bear Canyon • Room 1**  
February 5 – April 15  
Tuesday, 8:30 – 10:45 am  
Suzanne Clear

Other Classes

ATM

(Amateur Telescope Making Group)

Join this class and learn to make your own telescope.

**Manzano Mesa  
Multigenerational Center • Room 3**  
1st Wednesday of the month  
7:00 – 9:00 pm  
Mike Pendley

Great Books of the Western World

Are you interested in reading some of the great books of the western world, and then having informal discussions about the books? Some of the suggested books may include everything from Einstein to Shakespeare to the Constitution and Mark Twain. New students welcome anytime.

**Bear Canyon • Room 3**  
2nd and 4th Friday, 1:00 pm  
Kathy Nunn

Anthropology

Learn how we got the color of our skin, how languages developed, how traditions began and why they continue and much, much more. This class will cover cultural anthropology, physical anthropology, archeology and possibly linguistics if time permits.

**Bear Canyon • Room 3**  
Monday, 10:30 – 11:30 am  
Free • Dr. Joan C. Ludeke, PhD

Lifelong Learning

Enrich your life by learning about topics of interest through Lifelong Learning classes. The catalog with specifics about the Bear Canyon classes will come out early in August. Call 888-7370 to get a catalog sent to you. The website is: [www.lifelonglearning.nm.org](http://www.lifelonglearning.nm.org)

**Bear Canyon • Room 1**  
Fall class will begin  
September 15 to November 21  
Tom Moodie



Basic Dog Training

The better trained your dog is, the better relationship the two of you will share. Learn how to be a strong leader. Establish the foundation you need to teach your dog appropriate behavior. Connie is a retired teacher who has trained horses as well as dogs. Training will be on sit, down, stay, walking quietly on the leash, and behavioral issues. A collar and a 6-foot leash are required. Dog treats and a large towel are optional.

**Bear Canyon • Room 5 & 6**  
Friday, 11:45 – 12:45  
Check front desk for dates. \$50.00 per 6-week session payable to the instructor at the 1st class. Connie Burgner

So, You Want to Meditate

Learn basic tools and techniques to Meditation. Learn numerous styles and forms, from breathing, postures, movement, healing and space time travel. Find the easy way out of stress and health issues. Come be guided in a new form each week and learn the simple joys of spiritual quiet in this fast paced world. All faiths welcome.

**Manzano Mesa  
Multigenerational Center • Room 5**  
Thursday, 2:00 – 3:30 pm  
Cynthia Boyd

